

Spectrum Fitness and Wellbeing

Become your best self

Case study – Will

1. What did your child's fitness and wellbeing look like before they started training with Sarah?

Before starting with Sarah we weren't really doing anything to improve Will's fitness, thinking it was too difficult, too much of a challenge. Sure Will did swimming lessons and other programs which kept him active, however because these were group run sessions, we found he was only gaining a small advantage by participating.

After just a few sessions with Sarah however, Will picked up the routine and was enjoying his workout. We could monitor his progress and adjust the program to suit his needs, without worrying about this affecting other students.

2. What improvements or positive changes have you seen in your child's fitness and wellbeing since training with Sarah?

The interest Will shows in the program and his willingness to attend is a huge bonus. He participates without fuss and really enjoys interacting with Sarah. His willingness also gives us the confidence to try to further his wellbeing and include changes to his eating habits and attitudes towards food. After discussions with his OT it is in Will's best interest to maintain a healthy weight.

3. What has been the most valuable aspect about your child training with Sarah?

The relationships that Will makes are very few, it can take some time for him to be comfortable with strangers especially when they are pushing the boundaries and having him do things outside his comfort zone. We were surprised at how well Sarah interacts with him and how he has accepted her into his circle. Sarah's gentle approach combined with a no excuses attitude has worked wonders for Will and we are further encouraged to see just how far we can take this.

Ali, Will's mum.

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