

Sheltered Scheme Health Olympians

Residents in Ger-Y-Nant and Hafan Deg are being put through their paces and becoming healthier with the help of exercise classes organised by V2C.

The weekly classes have been a hit with many residents at both schemes taking part. The gentle exercise classes are provided by lifestyle instructors Sarah Dowson and Tori Healy, who work for Bridgend County Borough Council's Exercise Referral Unit.

The chair-based exercise classes look to lower obesity levels, reduce coronary heart disease and improve general health levels. The motto being "prevention is better than cure".

Mrs Freeman from Hafan Deg said: "I really enjoy them - they're really good. We have a laugh, they cheer you up and I feel much better for taking part".

