

# My Story - Sarah Girdham

I have always been interested in keeping fit and over the years have tried many different sports and exercise routines including weight training, kick boxing, jogging .... and so on. I particularly enjoy high-intensity workouts where I can challenge myself further.

As my knowledge and interest in fitness developed I decided to invest in a Personal Training course and in 2009 I qualified. I immediately started running my own circuit training classes at my place of work, which became very popular and I expanded this to offer boxing, step and legs, bums and tums classes as well as personal training sessions. My personal training includes an initial consultation, structured exercise programme, nutritional advice, regular progress monitoring and support and encouragement to help my customers stay motivated. (see my customer testimonials)



As well as my classes and personal training work I ran a social enterprise gym called 'Access Fitness', based at Concord Sports Centre in Sheffield. This was the UK's first specialist disability and mental health focused gym that enabled individuals who found mainstream facilities too challenging. I worked with small groups of 2-3 or 121 and each customer had a tailored programme of activities with adaptations and support plan. This was a fantastic and rewarding opportunity and I learnt a lot about how to adapt exercises to support a variety of physical and mental disabilities.

Additional to my fitness work I have also written and delivered health & well-being training as part of a funded programme called Health Champions where I educated a group on healthy living so they could share their knowledge and life experiences to help transform health and well-being in their own communities.

After having a period of ill health in 2016 I was diagnosed with Hyperthyroidism (under active thyroid) and this came with a number of additional problems including severe fatigue. Having been an extremely active person this had a negative effect on not only my body, but my mental health. It took me over two years to get my medication right and to have the energy to exercise again and my goal of "feeling fabulous" is what has motivated me to start Fab-Fit and help others to achieve the same.

The biggest impact fitness and sport has had on my life has been how it makes me feel. It allows me to cope with everyday stresses, helps me concentrate, lifts my mood and makes me feel good about myself. So no matter what your size, what ability and level of fitness you are, come along to Fab-Fit and "feel fabulous".