

Rob's Story

Name: Rob Harris

Age: 25

Former weight: 111kgs/17 stone 7lbs

Current weight: 82.5 kgs/13 stone

Total weight loss: 28.5kgs/4 stone 7lbs



Rob 2005

"Rob Says"

I became a member of Life Health and Fitness in 2006 as I had just been given the all clear from head and neck cancer and I was eager to get fit and well after the treatment I had undergone.

Before the illness, I weighed 17 1/2 stone. I played a bit of rugby locally but didn't take part in any other physical activities and so was fairly unfit. After the chemotherapy and radiotherapy treatment, I lost 5 stone in weight and was left feeling very weak and even more unfit. It was at this point that I decided to join Life gym to help me regain my strength.

Then 12 months ago, I had the shocking news that the cancer was back. I had to travel to and from London for treatment and fortunately, after six months, my family and I received the news we were waiting for. The treatment had worked and I had the all clear. Shortly afterwards, I returned to the gym, again to build up my strength and get back to a normal life.

With my illness in mind and great support from my family, friends and the staff at Life, I set myself the challenge of getting fit enough to run the Cardiff half marathon. Following a six month training programme from Alan Powell and the other Life fitness instructors, I had built up the strength and capability to run the race. I completed this last year with four of my friends and between us we raised more than £2,000 for the MacMillan charity—an organisation that helped me and my family enormously during my illness.

I am now still within the 13 stone mark and, with help from the gym, I have managed to keep my weight down and to stay fit.

I'd like to thank the Life team for all their encouragement and support which helped me through difficult times."



Rob 2009

"After treatment for cancer, I was left feeling very weak. I joined Life gym to regain my strength. Due to the help and support from Life staff I was soon feeling fit and healthy and able to go back to work."

Rob's Training Regime

I train three times week during my dinner hour

I start off each session with 10 minutes on the bike to warm up

Mondays: 30 minutes run on the tread mill using a generic programme

Wednesdays: 30 minutes on the cross trainer set on cardio to keep my heart rate up

Fridays: 30 to 45 minutes using the manual programme