

MEDIA STATEMENT



Friday, 8 July 2016

Bunbury man sheds 55kg with help from South West Sports Centre

Twenty-year-old Dylan Fryer weighed 180kg and was at a low point in his life when his mate suggested he join the gym at the South West Sports Centre.

Dylan's doctor had already advised him his health was declining and it was time to make a lifestyle change or else he would end up a diabetic. His sugar levels were high and he suffered regularly with reflux and chaffing. Dylan was also drinking up to 4.5L of Coke per day.

In January Dylan decided it was time to address his health issues and signed up as a member of the centre.

Fast forward six months and Dylan has shed a whopping 55kg and has a whole new lease on life.

At the beginning of Dylan's weight-loss journey he was attending the gym two to three times per week but now he is there six days per week and a familiar face to staff and is inspiring other members with his story.

He said the support he had received since signing up was amazing and credits the friendly staff on helping change his life.

"I can't speak highly enough of the team. They saw I wanted to make a change and have done everything they can to help," Dylan said.

"Once upon a time I was scared to even walk into the gym but now there is nothing to be afraid of. I missed out on a lot the past few years but now I am finally getting my life on track."

Dylan's trainer and South West Sports Centre gym instructor Amy Binder said Dylan was dedicated to his training and was consistently hitting goals which they reassess every four to six weeks.

"My advice to anyone wanting to lose weight or get fit but finds themselves feeling anxious about joining the gym would be to join with a friend," Amy said.

"Also be kind to yourself."

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Dylan said although he has lost a lot of weight another big change has been the boost to his self-esteem and confidence. He said he also has more energy, the reflux and chaffing have stopped and he's replaced the soft drink with water.

In January Dylan was recognised as the South West Sports Centre member of the month.

The South West Sports Centre offers a range of value for money membership packages starting at only \$10 per week.

For more information visit the website www.southwestsportscentre.com.au or contact a Membership Consultant on 9795 2235 or 9795 2238 or email swsc@bunbury.wa.gov.au

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