

CASE STUDY – David Bloom

If there aren't enough good reasons to start training on the previous pages, you'll be even more encouraged by David Bloom's story of how exercise helped him regain his health after a brain tumour, and also helped him deal with diabetes.

// I started an exercise programme to improve my strength following radiotherapy for a brain tumour, and the onset of diabetes. I was really weak and had lost my balance, so, when I started, I had to hold on to the treadmill bars to prevent myself falling. Before the illness, I had played a fair amount of tennis, but was overweight and really unfit, so the illness came on top of an already bad base.

"Having a personal trainer set and monitor my programmes was marvellous. Jeff (from The Tonic) happens to be very patient, and knows just how far to go, even if I have been stiff on occasions. He also helped me to exercise regularly – which I was too lazy to do. Now I only see him once a week and do the rest myself. I even find that I miss my exercise if I don't go regularly.

"The single most important benefit has been the control of my blood sugar, which is a well-known benefit to diabetics. Being a doctor, I knew this, but to see the glucose level fall and stay down for days after a workout is very gratifying. Furthermore, I have regained my strength and balance and feel incredibly well.

"I'm 59 years old and a management consultant in Life Sciences. This involves a lot of running around and travel, which used to wear me out; but now, I have a lot more energy than I used to have before starting the programme. My tennis has also improved, and I find myself moving around the court faster and feel nearly as good as I was ten years ago!

"My partner has been very supportive, and apart from nagging me to do more stomach exercises, has helped me go when I haven't felt like doing much.

"I train on average three times a week for an hour, and complete one session with Jeff."



When David Bloom began exercising, he had to hold on to the treadmill bars to stop himself falling. Now he does two gym sessions a week – and more.



TYPICAL WORKOUTS

- Two gym sessions ■ 2 or 3 games of tennis (incl one lesson)
- 1 long walk ■ Occasional swimming

GYM SESSIONS

Session 1

Treadmill uphill walking
Lat pulldown
Bench press
Squats
Shoulder press
Rowing between 500 and 1,000m

Session 2

Upright bicycle
Seated row
Chest flies
Squats
Lat raise
Bicep curls
Tricep extensions
Row 750m

For both workouts, David does two sets of 12 or 15 reps.

Abs work and spatial awareness / balance work is done during both sessions.