



Exercise and physical activity is an integral part of our 12-week recovery programme at Milestone. I recently had a chat with one of our former residents, George*, about how his stay at Milestone has helped him become physically fitter. George is happy to share his story with the readers of Fit150 blog.

“Prior to my admission to Milestone, my fitness was very poor due to excessive drinking. Even walking short distances or getting on the bus required tremendous physical effort. It was hard to accept that my fitness has deteriorated so much since as a young adult, I would always make time to exercise. I loved football and running and I had even participated in the first Edinburgh marathon. Lack of exercise alongside a poor diet took a heavy toll on my mental and physical health. I was experiencing depression, ruminating about past situations and spending most of my time isolated at home.

During my time at Milestone, I have managed to rediscover my interest in exercising. Every day would start with the exercise group which included a 30-minute walk, a tai chi session or a light circuit work out. On top of that, I used to spend one hour on the static bike and the rowing machine or, weather permitting, I would use the outdoor gym that can be found in the back garden of the building. Further, I particularly enjoyed the yoga class that was offered fortnightly. Staff were very supportive with my fitness journey at Milestone and they also encouraged me to get involved in fitness-related community activities. Last summer I signed up for the Step by Step to the Summit event, an 11-week walking programme organised by Penumbra and Plan2change. It was a great experience and a wonderful opportunity to build up my fitness while meeting peers. “

*Name has been changed.