

Scottish autism

Stories of autistic people being as active as possible during the lockdown.

MIKE

Mike was really disappointed when due to COVID-19 Pandemic all gyms and swimming pools had to close. He has done really well in past few years with his weight loss and exercise to maintain a healthy lifestyle. He follows a healthy eating plan and exercising twice a week at the gym and swimming twice a week.

So due to the gyms being closed and the swimming pools Mike needed new ways to maintain the progress he had made. Ideas included going for a daily walk and buying an exercise bike for the house so he could keep up his fitness levels, help towards more weight loss and to keep a healthy mental wellbeing.

Mike was all onboard for these suggestions. He now goes for a good daily walk, unless it is raining and these are usually over 45 minutes around Ravenscraig Park in Kirkcaldy and then down to the sea front and right along the harbour. Mike is really enjoying these walks and discovering new places to go.

Mike now uses his exercise bike nearly every day. He has also now ordered weights to use indoors as he enjoyed using these at the gym.

Mike and everyone who knows him are proud of the way he has adapted to his new routine. Recognising that the daily walks and exercise are positive changes and will help towards more weight loss and maintaining a healthy lifestyle.

Well done Mike – keep it going !

