

# Testimonials

*"A number of clients have achieved astounding improvements in their balance and control, with often dramatic reductions in falls. One example was of some impromptu teaching I did in Switzerland, instructing one of my travel companions. We were set for three days of strenuous outdoor work on steep and treacherous inclines. My concerned companion told me beforehand that even out walking on unchallenging terrain he would frequently fall over. Having spent a few early mornings teaching him the method he was subsequently greatly surprised and delighted that he did not fall over once during our stay."*

**Alex Swainson**  
Founder, Wiggle Walking

*"I usually march on the spot in front of the TV or in the garden as a form of exercise. Before I attended Alex's classes, I could only manage 10 minutes of marching before I became tired, aching and breathless. After only two sessions with him, I managed to increase my marching time to 75 minutes. To my amazement, I achieved this without even getting out of breath. It was an awesome experience!"*

*Today I was walking up and down Guildford High Street on fairly steep incline at speed, which would normally be a chore, but Alex's technique has turned it into something quite pleasurable. His methods also taught me to spontaneously breathe freely and without effort whilst exercising, something I was clearly not able to do before!"*

**Kathy**  
Guildford

*"The Wiggle Walk resistance band traction force experiment highlighted an incredible, and noticeable, difference! My normal, out-of-breath and clunky walk was transformed into an almost sliding/flying, and effortless, experience! When released, the traction force propelled me forward at great, yet controlled, speed. It was much like winding up the internal spiral spring of a pullback toy car, and releasing it."*

**Kim** Glasgow

*"I recently went trekking in Peru, including a challenging mountain hike at altitude. By applying the principles you taught me I was able to complete the hike with relative ease. I was even able to breathe without too much trouble at altitude and didn't feel overly fatigued at the end".*

**Maureen** Kingston

*"I've got two stents and I'm nearly 84. It's really, really helped. I have very much improved breathing and mobility. I feel much more relaxed and much more secure and anchored to the ground. I'm also able to walk much further than I could before."*

**June** Guildford

*"Since being diagnosed with Parkinsons Disease I am rarely free of tremors. This is tiring and very frustrating. I was amazed at the results of a short session. I could not believe that the tremors in my left arm stopped for a while. It was very encouraging. Thank you for giving me hope and confidence."*

**Darrell** Woking

*"I have struggled with back pain for many years, mainly due to the lack of movement in my work. Since working with Alex and his movement techniques I have enjoyed a much more fluid way of moving. Before I go to his classes in the evening I am stiff and sore, but when I go home I feel free of pain and my whole body feels relaxed and supple.*

*Now, whilst walking the dogs in the evening I implement the techniques Alex has taught me and enjoy the results of free movement."*

**Paul** Guildford

*"Having been introduced to Wiggle Walking by Alex, I was initially a bit sceptical, but once I got my head around the ideas things started to click into place. I started to practice the method while I was out walking the dogs and I usually really struggle with going uphill. There's a particular hill that I usually dread climbing, but as soon as I start to think of relaxing and using my hips properly, it almost feels like the hill is no longer there.*

*Having experienced this effect so clearly for myself, I am now convinced that this is the way forward and that this method should be taught to everyone, particularly older people. The more I practice and learn the method, the more it makes sense."*

**Linda Arnell**  
Falls Prevention Lead  
Guildford Borough Council