**CASE STUDY – ASHNI KUMAR**

Ashni Kumar lives in London and describes himself as being profoundly deaf and a BSL user.

 He has back problems and high cholesterol and diabetes.

Ashni usually cycles in London, he also hikes in the South East. He likes to go swimming locally, walk in the park too. He has been doing Penny’s Zoom fit exercising at home via online, doing Boxfit, Cardio Circuit, HIIT and Yoga in particular. He uses two water bottles and a rope for stretching his legs.

Since lockdown , Ashni felt forced to stay local. And whilst he had tried to use Youtube as used by hearing people to do exercise or yoga, Ashni was unable to follow them even with subtitles because he cannot see full body which is blocked by them

Ashni has found Penny’s activities very easy to follow with BSL and lipreading given easily this way. Its very comfortable to do the activities at home and nip in the shower afterwards, a relaxed lifetsyle. Ashni usually exercises in his winter garden (his back room) and his living room.

Ashni finds doing the online activities as helpful as it “…keeps myself motivated, achieve stable mental well-being and build strength as well as lose weight...”

Ashni wants deaf people to know that “Penny is very good at teaching activities via BSL, she is a qualified Personal trainer and makes it easy to understand and hence mirror the exercises given via Zoom”.