

Case Study

Alan



Profile

After a knee operation in 2017 Alan did very little exercise, he couldn't walk a short distance without getting breathless.

In his youth he had always been very active and part of many teams, this was his main aim to return to these team sports. Alan has an office based job and classed himself as lazy. For convenience he ate processed foods and generally felt very lethargic and heavy. Due to the success of his wife completing the programme, he was motivated to make a change for himself and wanted to work with his wife to support each other.

Alan made a self-referral through the website

Healthily Lifestyle coordinator made contact and booked Alan in for initial assessment

Alan attended first session

The nutritional topics encouraged Alan to be independent he liked the concept of his advisor pointing him in the right direction to make better food choices

Alan started to class the programme as a lifestyle change as opposed to a diet

Alan enjoyed the control he was having on food; he started making a list before shopping with the support of his wife.

Alan begins to adopt a new healthy lifestyle and cuts out pastries and processed foods

He started to love the exercise circuit and soon realised how much physically fitter he was becoming; no longer did he get breathless taking the dog for a walk

His weight loss was steady and gradual until week 9 when he started to see the difference on the scales

Alan success fully achieved his target at the 12-week point, this allowed him to continue on the maintenance programme for a further 12 weeks help and support

Alan built a strong rapport with his advisor Cerin, he appreciated how motivating and encouraging he was with everyone, and liked that people could share thoughts although not pressured to share experiences within the session

He now walks to work twice a week, as well as at the weekend. He utilised the weekly free gym pass and exercised during his weight management session. He manages his eating habits and successfully completed the 24-week programme

Impact

For Alan it was the fitness element as well as weight loss that he wanted to established. He now feels so much more physically active, he enjoys the benefits of exercise including much less joint pain having strengthened his muscles and the positive feeling of been physical has pushed him to improve fitness. Alan now runs which he hasn't been able to do for over 20 years! Both Alan and his wife feel positive about the future and this has given them a new lease of life. He feels energised and determined to keep up this healthier lifestyle! The weight loss has allowed Alan to achieve his goal of playing football and joining a tennis club and other forms of exercise.

Results

Alan weighed 90kg at the initial assessment =14st 2

BMI 28.5 Waist 100cm

At his 24th week assessment he weighs 80.4kg = 12st 6

BMI 25.4 Waist 91cm

Which is a total loss of 9.6kg = 1 st 7 pounds!