

CASE STUDY

Julie



Profile

Julie has always had issues with her weight. She had previously been successful on diets but ended up putting the weight back on. A reality check came when sadly a close friend suddenly died of a heart attack, which made her assess her life; she wanted to take back control and the choices she made. At a recent health check it was established that Julie was borderline pre-diabetic, which was another motivating factor to make a change. Julie has a sedentary job and did 1 hour a week of exercise.

Julie made a self-referral through the website

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

Julie begins to adopt a new healthy lifestyle

Julie attended first session

Julie cut out sugar from her diet and came to the spin cycle class every Tuesday

She kept setting small achievable goals each week which motivated her to progress

The nutritional topics encouraged Julie to go away and further research food groups and incorporate into her lifestyle

Julie planned her meals and planned her 3 exercise sessions into her lifestyle to embed change

8 weeks in a health check revealed her blood sugars had reduced to a 'normal range'

On successfully achieving and exceeding her 5% target she was now on her maintenance programme

Julie's physical activity levels increase and her sleep pattern dramatically improved

Through continued support from her weight advisor and family she successfully completed the programme and lost an incredible 3 stones 4 pounds!

Impact

Julie has seen massive improvements to her health and wellbeing over the 6 month (24 week) programme. Her energy levels have increased and she has regained the confidence to believe in the ability she has. Her commitment from the beginning has been phenomenal. She has been prepared for events such as Christmas by planning ahead which ensured she stayed on track. By cutting back on sugar and regaining control of her eating habits, Julie is now equipped with the knowledge to continue with this healthier lifestyle. She thoroughly enjoyed the weekly sessions in the group format and she found the expertise of the advisor motivating and supportive.

Results

Julie weighed 118.6kg at the initial assessment =18st7

At her 24th week assessment she weighs 98.4kg = 15st 4

Which is a total loss of 21kg =3st 4pounds!

Julie's advice to anyone starting the programme. -Completely commit to the programme, learn as much as you can, try out the facilities on offer and plan! plan! plan!