

Chris from Ipswich - has lost nearly 6 stone in 5 months

Chris had severe social anxiety phobia which meant he didn't work for about six years. He didn't leave his house and lived in his bedroom, most of the time. He didn't attend the first session on group but Sharon encouraged him to come on the second week. She met him before the group started to enable him to feel a little bit safer.

- Chris attended every session from that day.
- Over the weeks he started talking in group, was an inspiration to others.
- He now works and has even found the confidence to apply to our company for a position.
- He would never do DIY before as he had no self belief and laid flooring down on his studio as his confidence and self esteem has completely changed.
- He **looks you in the eye** when he speaks instead of looking at the floor.
- He now spends quality time with his wife and children.
- He is now the **Dad he always wanted to be but didn't know how.**



' L O S E '
WEIGHT

Testimonials

“My confidence is beginning to shine again”

“Loving the energy I have after going to the gym”

“I’ve started to plan for the future and not just looking back”

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Ian, aged 69 from Lowestoft is 11.6kg's lighter + now a keen cyclist

What prompted you to get involved? "I felt that I had reached a time in my life that I need to be aware of the health issues of being obese. I wanted to be active and healthy going forward with the view of living a long pleasurable life, also I wanted to look good in nice trendy clothes .

What I have gained from the course:

Ann has taught and given the awareness for us to:

- identify high calorie foods by looking at the packaging
- enjoy a healthy balance of foods and drinks
- understand our individual daily calorie needs
- gain a real eye opener and reduce my portion sizes
- join the gym through the OneLife programme and Sentinel Leisure
- purchase a bicycle and take part in group cycle rides locally
- walk 40-45 minutes every day with my Dog before breakfast come rain or shine
- complete a 50 mile bike ride
- carry on going out with family and friends for dinner but just adjust my calorie intake accordingly over the previous or following week.



"Thank You"

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What was different about this Adult Weight management Programme

“Small intimate group, your weight is not discussed with anyone else, calorie counting- no gimmicks, small group sharing, time to talk about issues, sharing fitness ideas and motivation”

“knowledge of understanding living a healthy life style by being you are what you eat. So if you consume high calorie fatty food you gain weight and you increase the risks of diabetes or increase the risk of cancer, heart problems, high blood pressure and the wearing out of our joints as we carry excess weight.”

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Robert 68, Lowestoft

Robert joined the Adult Weight Management course in January 2017 after a referral from his GP due to high blood pressure and other health concerns.

Robert's starting weight was 17 stone 12 pounds he was finding movement difficult and struggling with day to day tasks.

He completed the 12 week course; exploring the benefits of becoming more active, eating more healthily and understanding and improving his relationship with food.

Key benefits for Robert:

- meeting people in the same situation
- sharing experiences and challenges

Achievements:

- Succeeded in reducing his weight and becoming more active
- At the last meeting he weighed 14 stone 1 pound.

- **A loss of 3 stone and 11 pounds!**



I joined OneLife Suffolk on the advice of my GP due to high blood pressure and other medical reasons. I had slowly put on weight since my retirement. From the course I have become more in control of what I eat by looking at labels and understanding what is in my food and how much I should be eating. More importantly I feel so much better in myself, I'm not so tired doing every day activities and now really enjoy my gardening.

This course has changed my life for the better and I'm now looking forward to a fitter and healthier retirement.