

' L O S E '



WEIGHT



Children

Matt and his Mum got in touch with OneLife Suffolk as Matt wanted to lose weight to get his diabetes under control and improve his overall health.



Matt has achieved the following:-

- Cut down milk consumption from 8-9 glasses a day to 2
- Switching treats for something healthier
- Trying new foods which was a big challenge for him
- Walking 1 mile everyday to school

Success

- Lost 3kg's
- Feels that his clothes are loose
- Matt feels happier in himself and is proud of his achievements



Testimonials from the Waveney Children's group

Thanks for arranging the two month pass with the sports centre. We have enjoyed going swimming as a family.

It was really helpful for my teenager to be given good information by other adults and encouragement to improve his exercise and diet

The course was well organised with useful information, especially the sugar information and also the gym trial.

It was good to discuss and share ideas with other families. A good informative programme.

**One
Life
Suffolk**

A very friendly and helpful group. Having a health professional explain to my child why he needs this was great!

Lucy, 16, Ipswich

Lucy decided that she wanted to do something about her health and took action by attending the **OneLife Teen Programme** at Chantry Academy. After trying a few different things over the years and not really seeing any results she realised that now was the right time for her.

She said that before joining the Teen Programme “the whole family was reasonably unhealthy as we had bigger portion sizes, unhealthy meal choices and lack of exercise.” Her main goal of the sessions was “to lose weight and eat healthier.”

“As a family we changed our portion sizes, we eat healthier meals, less fatty foods and now go to the gym everyday”

When asked what she enjoyed about the OneLife programme she said “There is a friendly environment and you get different goals each week based on things you learn about nutrition and exercise in the sessions.”

Lucy feels that she has a lot more self motivation and will stick to the things she’s learnt about food.

“Lucy’s lost 11.3kg that’s 1 stone 11lbs



Letter to a future clubber

Dear new member,

I am writing this to tell you about the changes I have encountered at my OneLife group. When I started the group, I was skeptical that it would do anything for me as I've been to a few other health groups for young people that weren't successful, however I was pleasantly surprised. Not only do you learn new things about nutrition and exercise, but you partake in activities with other people who are working on the same goals as you. I started going to the gym every day and changed my diet and saw some positive results. I think that although my self-motivation was the biggest factor of my weight-loss, OneLife has helped and contributed greatly. I would definitely recommend trying a session and seeing if it helps you, as you set new goals every week and have the support of others.

