

# Mark's story

Date: May 2017

Location: Addenbrooke's hospital

## **Why I decided to get involved:**

"I have been blind since 1993 but healthy until I was diagnosed with cancer back in 2015. I became extremely unfit and overweight due to the illness and medication. I gained a lot of weight and lost a lot of exercise tolerance due to medical treatment over the 2 years."

## **What difference has this programme made to your life?**

"It has made a huge improvement in my fitness and lost almost 2 stones. Now gym has become a new recreation for me!"

## **What are your hopes and ambition for the future?**

"To continue with healthy eating and exercise frequently. I want to regain more fitness and lose more weight."

## **What advice would you give to other people who felt like you before you got involved with this programme?**

"Contact your GP **NOW** and ask for a referral to this or a similar programme. You will be surprised how quickly you come to enjoy it and can change your lifestyle."

## **What have you learnt from the course?**

"That I enjoy going to the gym, taking exercise; and healthier and tastier eating."



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