

Colin's story

Date: June 2017

Location: Cherry Hinton

Why I decided to get involved:

"I was referred to the course by my GP to lose weight as a way of controlling my snoring. My lifestyle was inactive, working on a computer all day and coming home to an evening meal, TV and bed."

What did you do at Everyone Health and how has this changed your day to day life?

Kathrine at Everyone Health told me the theory of weight reduction and the effect of what you eat, including tips to make simple changes to avoid less healthy options.

Shane led the exercise session allowing me to push myself as hard as I could manage.

The light bulb moment was understanding the balance between exercise and diet. I could still have a curry with friends but I would have to work off that large meal.

I changed my diet by reducing the carbohydrates and replacing them with extra vegetables. I don't eat cakes, burgers or fizzy drinks but my vice is alcohol - social drinking with friends watching sport. This has been reduced but not stopped. I consider my options now and would buy a better quality wine and drink less.

I have now made time every day to exercise. In my lunch hour I will walk hard for 2 miles and in the evening a further 4 miles, raising the heart rate and sweating. I used Strava (a phone app) to monitor my regular walks so I know where the mile markers are and my expected times. It also tells me how many calories I've burnt off and I can decide if I have earned a treat.

Plotting my weight loss on a graph is a motivator, keeping to a projected trend line. Everyone Health gave me the tools and support I needed to make a life style change. You will not lose weight by attending a course unless you embrace the changes they are recommending. Working hard in both maintaining a better diet, increasing activity and keeping it going beyond the course."

What are your hopes and ambition for the future?

"I've lost 12kg in 12 weeks which has made me feel great. I am physically fitter and I am proud of this achievement. I still want to come down another 6kgs but don't need to rush this.

Is there a cost? Probably a minor increase in food bill, eating better vegetables but this is easily covered by the saving on alcohol. The main cost is now my clothes don't fit.

...and yes in have stopped snoring."