

MARIA'S JOURNEY

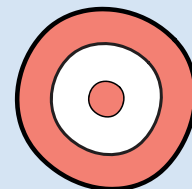
CASE STUDY

MARIA IN DECEMBER 2020

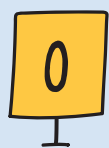
Maria had gained some weight during lockdown with being indoors more, moving less, eating higher calorie snacks and drinking more alcohol than usual due to boredom and periods of stress.

Her excess weight was having a negative impact on her HbA1c levels, cholesterol and fatty liver, which added to her existing chronic back pain.

MARIA'S GOALS



● LOSE WEIGHT TO CONTROL HEALTH CONDITIONS	↓↓↓ HBA1C LEVELS ↓↓↓ CHOLESTEROL
● IMPROVE CHRONIC BACK PAIN	↑↑ MOVEMENT ↓↓↓ LESS PAIN
● ESTABLISH HEALTHY LONG-TERM ROUTINES	✓ BETTER EATING ✓ MORE ACTIVE



0 READY, STEADY, GO!

On our initial conversation, Maria highlighted that she would like to reduce her weight and after a discussion she became aware of the negative impact this was having on her existing conditions.

We talked about some of the diet myths and how to make the process simpler by introducing small changes to her lifestyle, including food swaps, higher NEAT and progressively increasing her activity where possible.

NEXT STEPS...

- Monitor daily activity and pain levels
- Introduce regular walks in her daily routine: 5K steps per day 4 days and (1-2 miles) 3 days a week
- Manage hunger by eating higher protein foods and fibre rich ingredients

"During my first telephone conversation with my Health Coach we discussed how I could start to tweak my lifestyle through eating habits and exercise. So, my healthy lifestyle journey began!

There has been actual personal communication about my needs including emotional ones and I enjoyed how he boosted my confidence. I also liked talking about nutrition and wellbeing, especially how this can help address my health problems.

My Health Coach actually listened to me, and nothing I was doing was wrong. It was all about choices and he encouraged me to swap to healthier ones"

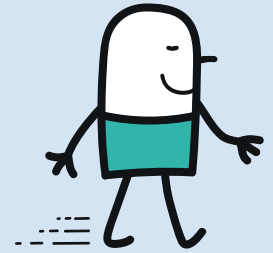
MARIA'S JOURNEY

CASE STUDY

1 JAN 2021 - REGULAR WALKS AND LESS WEIGHT!

Maria has been walking 5 times per week with no increase in back pain levels and perception. This has also had a positive impact on her mood.

She is still tracking calories loosely, but enough to become more aware of her food intake and realise that she is going over some days. However, she still manages to lose weight!



NEXT STEPS...

- Introduce more high protein and fibre rich snacks to combat increases in hunger
- Start using a treadmill at home, so she can still walk if the weather is not so good outside

2 FEB 2021 - HBA1C LEVELS GOING DOWN!

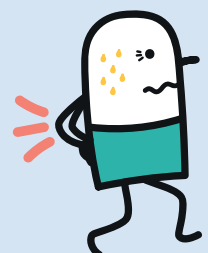
Maria is still on medication, but her HbA1c levels have reduced considerably!

She has become more aware of what she eats and the things that trigger her unhealthy food choices (i.e. boredom, stress, etc.). Maria has decided to keep some of the foods she likes, but eat smaller portions, making some food swaps for lower calorie options.

LITTLE BUMP IN THE ROAD! Maria's walking has progressively increased and as a result her back pain has increased slightly. However, overall she feels better and understands the benefit that daily movement has on her overall health. She is keen to get back on track!

NEXT STEPS...

- Build up to walking 25 miles per week over 5 days, but spread it over 6-7 days depending on pain levels. Monitor pain levels!
- Continue to work on calorie intake control



MARIA'S JOURNEY

CASE STUDY

3 APRIL 21 - HBA1C LEVELS KEEP GOING DOWN AND SUBSTANTIAL WEIGHT LOSS!

Maria has lost 3 stones and 2 pounds!

She has established fundamental habits to increase motivation and mood when they drop slightly. This will provide the foundation for maintaining her weight loss in the long-term.

Maria is also back on the move! She has integrated walking on the treadmill as part of her daily routine when she is not going out, which has improved her mobility significantly.

"In the past, I had only been offered a 12 week free service at a slimming club from my GP. This experience is completely different you can't even compare them.

This is a personal service. There is no pressure telling me what I can and can't eat. It's more about moderation and taking the time to explain why some food choices are better than others"

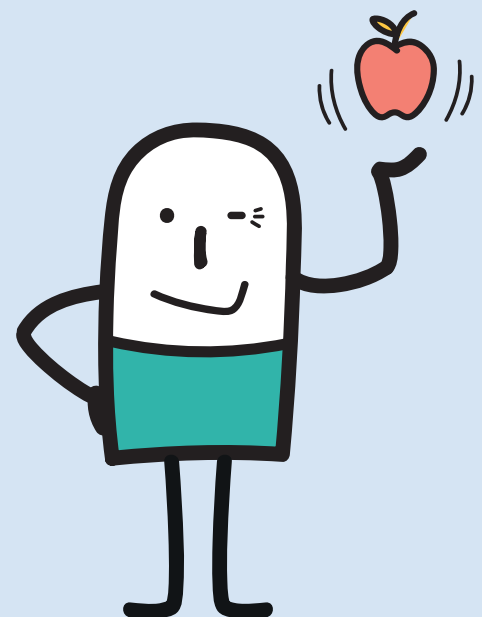
4 MAY 2021 - GETTING READY FOR THE MAINTENANCE STAGE!

Maria keeps exercising and controlling her diet.

She is ready to bring her calories up slowly and start the weight maintenance process.

Maria will track her intake for 1-2 weeks to get an idea of where she is at currently. She will then progressively increase her food intake, allowing for a greater degree of flexibility whilst maintaining her weight.

She knows that this may bring a small amount of weight regain in the process, but she is OK with it.



MARIA'S JOURNEY

CASE STUDY

MARIA IN JUNE 2021

After six months working with her Health Coach, Maria has lost over 3 stones and is way more active.

Her cholesterol has decreased greatly and she is now borderline Type 2 Diabetes.

With her HbA1c levels within a safe range, **reducing her need medication!**



She feels better and healthier, and her mobility and chronic back pain have also improved.

Maria has really enjoyed the process of the last few months and feels she has an overall healthier relationship with food.

"This is a journey I am on at the moment and my Health Coach has played a huge part in this.

I started with him at the beginning of October 2020 and I am still continuing after losing 3 stones and 2 pounds.

The Health coach is the best way for me.

I'm sure I'm not the only one who thinks this is amazing and a very professional service. It really has been a turning point for me.

I am so grateful"



MARIA'S ACHIEVEMENTS

HBA1C LEVELS

OCT 2020	89 _{MMOL}	MEDICATED
JAN 2021	↓↓↓ 50 _{MMOL}	HEALTH COACH INTERVENTION AND MEDICATION
JUNE 2021	↓↓↓ 42 _{MMOL}	HBA1C LEVELS WITHIN SATISFACTORY RANGE

CHOLESTEROL LEVELS

TYPE	OCT 2020	JUNE 2021
SERUM CHOLESTEROL	5.1	↓↓↓ 4.8
TRIGLICERIDES	3.23	↓↓↓ 1.91
NON HDL CHOLESTEROL	3.8	↓↓↓ 3.2