

Activity case study



Peter's Story

"I used to go swimming sometimes four times a week and then I stopped."

80-year-old Peter lives in Bideford with his family. Peter went to see his GP as he was feeling tired, sluggish and suffering from irregular bowel movements. Peter was referred to the coaches at OneSmallStep to help him look at his lifestyle.

Peter says, "I had a constant stumbling pain. I knew I didn't lift my feet enough, but I wasn't aware this was causing all the problems."



Making a change

Peter complained he was feeling unhappy and had little energy. At that point, he wasn't doing any exercise.

"I felt old and decrepit. I used to go swimming sometimes four times a week and then I stopped. It began to get boring, I moved house and I quickly lost motivation to do any exercise."

Peter received a phone call from Katie, his OneSmallStep wellness coach. After a full assessment, Katie discussed with Peter the changes he wanted to make to his lifestyle.

Setting goals and building confidence

They set some small goals to eat more vegetables and change from white bread to brown. Peter also wanted to cut down his alcohol as this was having an impact on his weight. Katie recommended Peter slowly increase his activity and eat more healthily. To help him cut down on his drinking, Katie provided support and helped Peter track his units.

Each week as Peter was setting new goals and achieving them his confidence was building. By offering Peter some quick and effective changes to his lifestyle, Katie helped to keep him motivated and on track.

"I told Peter about a gym which I knew offered flexible and supportive programmes to its members. At first, they recommended 10 simple exercises which Peter could do regularly, and after that they would increase this to keep up his momentum."

Motivated to stay healthy

Peter is now more interested in his food and diet. He eats more fruit and vegetables and exercises regularly again. Although he still enjoys a drink at the pub, he feels motivated to stay healthy.