

## Weight case study



### Alan's story

*"I knew I was overweight, but I wasn't doing anything about it. OneSmallStep's support helped me stay motivated."*

63-year-old Alan knew he was overweight. After a warning from his GP, it was time to do something about it.

"I was handed the OneSmallStep contact card. Summer was coming and I knew I had to get on and contact them."



## **Yo-yo dieting**

Alan had tried a number of diets and slimming plans in the past but found his weight would always creep back on.

“I would lose weight and feel good, but over time I slowly gained it again. It happened a few times.”

Alan was referred to OneSmallStep coach Lisa.

## **Controlled portion sizes**

“Lisa really helped me. Rather than cut out foods completely I reduced my portion sizes. I began to drink more water, particularly during meals, and I avoided snacking. I became more aware of what I was eating and the impact it had.”

With Lisa’s help, Alan identified a number of ways in which he could achieve a healthier weight.

Lisa says, “Sometimes it can be difficult to change your diet, particularly if you eat your meals with friends and family. We looked at some small changes and Alan started to eat more fruit like apples and pears, and reduced the number of cakes and pasties he was eating.”

## **Staying motivated**

Alan introduced regular walking into his daily routine.

“I found walking challenging at first and I would get quite out of breath. I knew Lisa would phone me to check how I was getting on, so this motivated me to keep going and increase my pace. I love spending time outside, gardening etc. So the walking challenge suited me very well.”

Alan purchased a step tracker to set himself targets and monitor his progress, which helped his motivation. Since speaking with Lisa, Alan has lost 12kg.

Alan says, “I’m very grateful to Lisa. With her constant and welcoming support I have managed to maintain my weight loss. Last week I had a new hole put in my belt, which was a great feeling. For anyone looking to make a change, I would say give it a go. Lisa tailored her support to suit my lifestyle and it really worked. My goal now is to lose a further 46kg”