

Weight management case study



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Little motivation to make a change

44-year-old Alison has two children and lives in Devon. She used to feel frumpy, overweight, and had little motivation to make a change. She saw OneSmallStep at a workplace health event last year.

“There were a number of pop-up stalls at the event, but what really caught my eye was the big lump of fat that the OneSmallStep team had at their stall. I joked, ‘Are you trying to make me lose weight?’ The team informed me that they were trying to help people manage their weight.”



Right place at the right time

After an initial assessment, Alison was referred to OneSmallStep coach, Lisa. “I was in the right place at the right time. Lisa set me on the right path and she has been my sounding board.”

Lisa says, “I scheduled fortnightly catch ups to ensure Alison was staying on track. Being a busy working mum, it was important to set realistic and measurable goals for her.”

Without pushing, Lisa recommended easy hints and tips around what Alison could do in the day time to keep motivated.

“I offered simple suggestions. Things like drinking lots of water throughout the day and taking fruit to work to snack on. Planning meals ahead can also help with resisting the urge to opt for an unhealthy option.”

Support tailored to lifestyle

When Alison began losing weight, Lisa advised she start doing easy exercise like walking after work or with friends. Lisa’s support was tailored around Alison, ensuring any suggestions would fit with her lifestyle.

Alison says, “I can only park at work three days a week, so Lisa set me the goal of walking the other two days. I’ve also started swimming with my son so Lisa’s support has benefited my family too. Now I can educate them on staying healthy.”

Although Alison still has some way to go on her weight loss journey, Lisa’s support has given her the inspiration and motivation to continue.