

## Weight management case study



### Fiona's story

*"Cutting back on sweet treats did not seem to work. Neither did increasing the amount of exercise."*

When Fiona turned 50, she noticed her weight increase gradually.



“During my 30s and 40s, if I noticed my weight go up, I would cut out foods such as cake and my weight would go down again. Now, I was struggling to keep the weight off. Cutting back on sweet treats didn’t seem to work. Attempts at increasing activity levels didn’t either.”

### **The right amount of support**

Fiona was in her local GP surgery and noticed a OneSmallStep poster on the waiting room noticeboard.

“The poster caught my eye, but I forgot to write down the details. I soon saw another poster and phoned the telephone number when I got home.”

Fiona was referred to OneSmallStep coach Katie. Fiona says, “Katie gave me the right amount of support. My goal was to get my BMI to below 25. I had tried everything from changing my food intake to additional exercise. I try to stay active every day. I walk up and down hills both into work during the week and for fun at weekends. I also practice yoga in the evening a couple of times a week.”

### **Easy to reach goals**

Fiona made some small changes with the support and encouragement from Katie.

“I started by recording my food intake for two weeks, using an app Katie showed me. We reviewed the information on the app and together we agreed a goal to reach 2000 calories per day. I slowly lost over 6kg.”

Easy to reach goals and monitoring her food intake helped Fiona stay motivated. She gradually saw her weight go down.



## Everything in moderation

Katie provided some helpful tips that made these small changes manageable.

Fiona says, “In the past, I tended to buy something nice and then eat all of it! I'm afraid that still do that occasionally, but when I do, I reduce what else I eat that day to compensate, which I wasn't doing previously. I have slowly trained my appetite down over a number of months so that I now feel full much sooner. Katie has taught me to moderate the amount of food I eat.”

Fiona is mindful about her alcohol consumption too and only drinks socially when she meets up with friends, say for a meal.

“Thanks to Katie's support, I now manage my weight better and feel motivated to keep going.”