

Weight Management case study



Halina's story

"I suffer from arthritis in my knee and was told by my GP that an operation would not be possible until I lost some weight. I knew it was time to make a change."

Halina weighed just over 20 stone five years ago. She had attempted dieting in the past with varying degrees of success.

Making a change

Halina suffered with bad arthritis in her knee. She needed a knee replacement but was told by her GP that this would not be possible until she lost weight. It was at this moment that Halina knew she had to change her lifestyle.

Halina's GP referred her to OneSmallStep and she was introduced to her coach, Katie.

"My goal was to have my operation. I knew what I had to do, but I needed a push in the right direction."

Setting small goals

With support from Katie and OneSmallStep, Halina has transformed her relationship with food.

"I've lost four stone over five years and have completely changed my outlook on food. OneSmallStep has had a huge impact on my life. Katie helped me set small goals and ones that were achievable. She's helped me understand my food better and stay motivated."

Having always enjoyed vegetables as part of her diet, Halina is now a vegan.

"I do not eat meat, cheese or eggs, but I love pulses, vegetables and fruit. I began to take notice of what went into my food. Now I really enjoy home cooking and can make delicious wholemeal bread with just five ingredients!"

Getting active

Halina loves gardening. At any opportunity, she is outside sweeping leaves and planting flowers. She also enjoys exploring local National Trust gardens at the weekend.

Halina has begun to wear an exercise tracker to count her steps and record her activity.

"About three times a week I will walk my dogs down by the estuary. Katie set me a series of walking goals and my fitness tracker helps ensure I achieve them."

She now walks roughly 8000 steps a day.

"I really did take one small step at a time. The motivation I felt just from speaking to Katie made a huge difference and her support helped me keep going. My family are over the moon that I have come this far."