

Weight case study



Growing confidence to make a change

“I couldn’t have achieved what I have done without OneSmallStep. I was gradually getting heavier and wasn’t in a good place emotionally.”

Jo is 51-years-old. She has struggled with weight gain throughout her life. Her heaviest weight was 16st 10lb.



Jo was diagnosed with depression 16 years ago. Since then, she has been on and off different medication, and has suffered ongoing health issues. She has particularly bad arthritis which causes problems with her knees, and subsequently makes some exercising difficult.

Realistic and achievable goals

Jo went to see her GP last year.

Jo said, "I felt so unhealthy and was worried I was going to have a heart attack. I had always found comfort in eating, and at the time I wasn't emotionally strong enough to change my relationship with food. I had always felt that going without food was a punishment to me."

Jo's GP referred her to OneSmallStep. After encouragement from her husband, Jo phoned the service and was put through to OneSmallStep coach Katie. Initially, Katie asked Jo what the problem was, how she could help and what Jo wanted to achieve. From there, Katie began setting weekly goals. Katie also recommended a number of health apps to help Jo stay motivated.

Jo said, "The apps that Katie showed me helped me to carefully monitor what I was eating, and understand how my choices of food would impact my weight. I began to understand my food and gradually change my eating behaviour".

Motivation to keep going

Losing weight has helped Jo manage her depression. It has also given her the confidence to walk more, try new exercises like Zumba and recognise where she can keep making improvements.

"I came back from a family holiday in January and was amazed that I had actually lost weight! I was enjoying spending time with my family and being outside so much that initially I hadn't noticed any change."

Jo's weight loss has given her the confidence and motivation she was lacking to make a change.

"I couldn't have achieved what I have done without OneSmallStep. I needed a kick start. I was gradually getting heavier and wasn't in a good place emotionally. Knowing Katie was going to phone me to check in helped me to keep going".