

## Weight Management case study



### Susan's story

*"I think differently about food now and plan my meals."*

Six years ago, 38-year-old Susan became unwell. She went from being someone who spent practically all of her time outdoors to someone who stayed inside 90% of the time.

"After I was ill, I put on a lot of weight. My eating habits changed and although I was eating very little, I wasn't eating the right food."

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### **Yo-yo dieting**

Susan's GP put her in touch with OneSmallStep coach Katie. After struggling with a number of yo-yo diets, it was clear that Susan needed a structured weight-loss programme to motivate her.

"Katie was really supportive. I have a great network of family and friends but having someone from the outside who knew nothing about me meant I could speak openly about my situation. Katie became my confidant."

Katie set Susan a series of achievable and manageable goals, like eating three healthy meals a day.

"Katie gave me the confidence to enjoy food again. When I go out for a meal, I make sure the food is grilled and there is only a small amount of butter or fat on the plate. I think differently about food now and plan my meals. I make a conscious effort to eat breakfast and if I really fancy a treat, I'll have one. I've learnt to not be so hard on myself."

### **Building confidence and changing ways of thinking**

Susan loved swimming before she became ill. However, since her health deteriorated, she found walking difficult. To help Susan begin to build confidence, Katie recommended a local aqua fit class which entailed slow and easy exercise.

Katie also helped Susan to change some of her current habits.

"Before I met Katie I was drinking a lot. I would automatically pour myself a drink when cooking or sitting down to watch TV in the evening. I didn't enjoy it and it became a habit, like eating. Katie helped me change my way of thinking. Now when I go out, I'll enjoy a small glass of red wine with my meal."

Susan has reduced her alcohol intake dramatically since.

### **Understanding eating habits**

Taking a step back to understand eating habits can be key when starting a weight-loss journey. Small steps and achievable goals can help increase motivation on those difficult days. Susan says, "To anyone struggling, I would say believe in yourself. Ultimately it's down to you to change your mindset. Think about what and when you're eating and drinking. Small changes can have a massive effect."