

# Maksuda's Live Well Newham journey

Maksuda has completed the Live Well Newham service and has been happy to share some of her experiences with us and the positive results she has seen since taking part.

## What did you find most useful about the programme?

All the information overall was useful. The programme covered all aspects of psychological, exercise and dietary information which has helped my motivation and mental wellbeing, especially being in a group with others from same cultural background (Bengali). I learnt a lot about making the right choices when shopping by reading information on food labels containing sugar and fat content and lots of other tips and tools in making healthier choices. The content on label reading seemed very complicated but the coach explained everything very well which was easy to understand.

## What changes did you make to your lifestyle as a result of attending the programme, e.g. exercise routine, dietary habits?

I changed all aspects of lifestyle that are needed to lose weight, such as exercise routines and eating healthily. I enjoyed learning the importance of developing healthy habits and all the information in the programme by making small gradual changes which I can now continue for long term. I can now walk 6000-10,000 steps 3-4 days a week and enjoy swimming. Due to good weather I have been able to swim in the sea.

## Have you accessed any local services (i.e. leisure centres, exercise on referral) due to this programme?

Not yet but I have been encouraged to go swimming which is my favourite activity.

## What was your favourite part of the programme and why?

Meeting the coach and other participants online, which was delivered in Bengali language, made the session engaging and very enjoyable. The coach was able to relate all the information on a cultural basis and found solutions to all our problems relating to diet and exercise. The personal touch and receiving encouragement from the coach, along with sharing and discussing health issues with other participants in the group, was my favourite part of the programme. I looked forward to weekly sessions on Thursdays for this wonderful experience because of the friendly environment and information gained. Now that the programme is finished, I miss it a lot. The coach delivered the sessions very professionally with compassion, care, and support on a personal level.

## What challenges did you face on the programme and how did you overcome them?

At the beginning of the programme, I was diagnosed with T2 diabetes and fatty liver which was very daunting but after attending the sessions, I was able to make small changes and became confident in making healthier choices to lose weight and reverse T2 diabetes and fatty liver. Keeping exercise routine was challenging at first but being reminded by the coach about the physical and mental benefits of healthy lifestyle motivated me to keep a consistent healthy routine. All the information was positive and helped me hugely.

## What changes have you seen in any measurements that have been taken? E.g. weight, waist measurement, clothes size, blood glucose, blood pressure etc.

During the Covid lockdown, I had gained weight due to lack of activity but after 3 months of attending the session, my weight reduced from 66kg to 60kg and clothes size reduced from 16-18 to 12-14. My blood glucose is also now stable as I wanted to avoid any medication.

"I am so happy I was able to have this opportunity"

**Would you or have you recommended the programme to others? Why?**

Yes, I have recommended this programme to my friends because they will receive useful information for physical and mental wellbeing along with losing weight that really works. The programme encourages realistic goals by making small gradual changes without having to join the gym which I really liked. The knowledge provided on diet about having smaller portions and increasing veg during meals as well as shopping wisely by being aware of the fat and sugar content in packaged food, the importance of good sleep, managing stress and improving overall quality of life does actually work in achieving a healthy lifestyle. The coach made us feel comfortable to share our views, giving us time to ask questions, and also treated everyone with equal respect, kindness, honesty and broad mindedness. You feel at ease because the coach is funny, friendly, non-judgemental, polite, has a good character, and is easy to communicate with which made my experience very enjoyable.

**What would you say to those who are thinking of joining the programme?**

This programme is not only educational but also enjoyable and fun with a group. It's easy to join online and receive excellent guidance on overall health which includes all the important information around oil, fat, sugar and all the food groups for a healthy diet. The content is explained really well, and the coach provides guidance and support on a personal level.

**Are there any other comments you wish to make about your experience?**

I thoroughly enjoyed learning all the information delivered in this fantastic programme which has changed my life in terms of mental and physical wellbeing. I feel so much happier and confident in my approach to making healthy lifestyle choices. There were so many myths and pieces of information that I didn't know before attending this programme e.g. what food type is healthy, types of fat, choosing cheaper brands, reading labels and budgeting which has saved me shopping costs. I am so thankful for this service and appreciate all the support I received throughout the programme. The coach's beautiful style of delivery brought a lot of positivity to my life and I am so happy I was able to have this opportunity.

