

Mr C Mahmood's Wellbeing journey

Mr C Mahmood has completed the Newham Adult Weight Management (AWM) Programme and has been happy to share some of his experiences with us and the positive results he has seen since taking part.

What did you find useful about the group sessions? What stood out for you in your sessions?

I liked the fact that it was in Urdu as everyone on it could relate to each other – I could understand more as well. I also enjoyed the group dynamics.

What changes did you make to your lifestyle e.g. dietary, exercise routine, habits...?

Since the programme, I have increased my exercise, including strength training in my schedule. I also asked my wife to reduce the amount of oil we put in our curries and to give me smaller portions. I have also started eating more vegetables.

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

I am starting the 150Club, an exercise programme also in Newham.

What was your favourite part of the programme, why?

I enjoyed all the sessions, especially where they covered nutrition, sleep and exercise.

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

Sometimes, it can be a struggle to stick to healthy eating but now, I make better decisions overall.

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

I lost 5kg on the programme and feel healthier. I work with elderly people, cooking in the kitchen and escorting wheelchair users back to their homes. Now, I find I have even more energy to do my work.

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

Yes, I would recommend it. The programme is very thorough and helpful to all.

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

I would say that this programme is different to others, and very relatable.

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

Thank you to Irram and all the team for the programme.

“Now, I find I have even more energy to do my work.”