

Maz's Live Well Newham journey

Maz has completed the Live Well Newham Adult Weight Management service with Xyla Health & Wellbeing 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 useful about the group sessions? What stood out for you in your sessions?

The main aspects of the programme were portion control and mindful eating, they are the two things that stood out for me. I was really struggling with that, so it was important to have this covered during the Adult Weight Management Programme. I was just eating when I was starving but practising the new mindfulness eating techniques are helping me a lot and I found this very important. I am now planning my food shopping and I am more careful with cooking. I learnt how to get the full vitamins and minerals from food without overboiling my veggies. I sit down at the table to eat; I am also comfortable and relaxed when I have my meals now and I reserve special time for eating properly. The programme makes you aware of what you need to do for yourself, and it teaches you that it's fine to seek help. We were given time to set goals that helped a lot. We got the opportunity to take some time to think about what we were looking to achieve during the programme: "Why am I doing this?" I was strict and focussed on my goal.

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

I did try the physical exercises at home during the difficult pandemic time. I have got steps and weights at home but unfortunately, I had to stop exercising for 5 weeks as I got hurt. However, I used my initiative to

purchase the correct equipment, so I hope to get back to training once I feel better. Regarding food, I already knew the basics of healthy eating, having a variety of foods such as fruits, vegetables, pulses etc. but it was key to learn more about portion sizes.

I am really impressed with my own portion sizes, for instance, I reduced the rice portion and the macaroni cheese one (all the heavy carbs) that I used to have and I feel like I am now more in control. I noticed the difference: I get more energy and I am not falling asleep after meals.

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

Yes, I researched Newham leisure centres and Bailon street which is closest to me. I also made contact with the lady in charge, I have done a meditation class with her. It was also great to have a conversation about my physical activity with her.

What was your favourite part of the programme, why?

Receiving my own booklet (PAP) at the beginning of the programme was key, I was able to fill it in on a weekly basis. It helped me to keep my motivation up as I use it to input weight and set goals. I also really enjoyed the slides in the sessions as they are something to refer to.

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

In terms of body measurement, I've lost approximately 6.5kgs since the start of the programme but the main thing for me was that I got a better understanding of the scale. I also notice that my tummy is not bloating anymore, and my digestive system has improved quite a lot since changing the diet. My clothes are too big now, so I need to purchase new ones!

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