

Sonia's Live Well Newham journey

Sonia 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?

We all came from different backgrounds and walks of life, yet as a group we all had the shared goal of losing weight and becoming healthier. We shared our experiences, challenges, suggestions as well as the highs and lows. What stood out for me is that I felt understood, supported and not alone, which in return motivated me on this journey.

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

Choosing healthy options and shopping smart has become a permanent way of life now. The sessions have equipped me with how to look at food labels for hidden sugars & salt and different types of fat.

As well as healthy eating, exercise has become a habit too. Before the sessions, the word exercise seems daunting, my perception on exercise was that it involves hitting the gym and lifting weights. Due to my chronic illnesses, this was a big barrier for me. This fantastic programme has tailored to my needs and completely changed my view and helped me get active.

What was your favourite part of the programme, why?

I thoroughly enjoyed every session, it's hard to choose a favourite part, as each week was packed with useful, handy information which I could incorporate into my daily life, such as

nutrition, reducing stress, sleeping well, mindful eating, portion control, self-monitoring and being kind to yourself.

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

The only challenge I faced was during the start of the programme, I wanted to skip, run and row but my chronic illnesses prevented me. I overcame this challenge by discussing it with my coach and by adapting my smart goals which allowed me to pace myself.

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

I have seen many changes to my health, both physically and emotionally. Keeping active has hugely increased my body confidence and together with eating well and managing stress, my inflammation levels have reduced, which has helped manage my chronic illnesses immensely. In 12 weeks, I lost 5kg, dropped a dress size and feel much more energetic. I've seen more positive results in these 12 weeks than I did in 2 years! The reason I have managed to lose weight and most importantly, keep it off, is because the programme has a holistic approach.

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

I have recommended the programme to friends, family, colleagues, and neighbours. The programme has changed my entire life, not to be over dramatic but it really has!

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

Do it, do it, do it! It's free and sessions are at fixed times, once a week for 12 weeks. The block sessions are available on weekdays, weekends, and evenings. The coaches are very friendly and informative, and you will have continued support throughout.

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