

## Yasra's Wellbeing journey

Yasra has completed the Newham Adult Weight Management (AWM) Programme 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?

What I found most useful about the group sessions was that they were in a language I could understand – all other weight management advice has always been given in English, and I have found it harder to comprehend.

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

I reduced my portion sizes by cutting back on the number of chapatis I eat and increased my exercise. I now walk at least an hour a day.

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

I am due to start the 150Club, an exercise programme also in Newham.

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

I really enjoyed the nutrition sessions as I learned so much about diet. It was helpful that it was tailored to our cultural diet, and not generic.

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

I had a lot going on at home with my stepdaughter which meant it was harder on some weeks to focus on diet/exercise, but the weekly contact from the coach and group kept me motivated to continue. Without this regular contact I definitely would have slipped back to my old habits, like I have done so in the past.

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

I lost 4 kg on the program and have lost a further 2 since. Now, my clothes fit better, and I feel much healthier. I can walk more comfortably.

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

Yes, absolutely! There are not many language specific programs out there for us. It was not only the language but also the advice being tailored to our cultural diets. For example, to help with portion sizes for chapatis, one piece of advice was to weigh the dough ball.

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

It is a great program that really helps you make long term changes, not just a short diet.

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

I'd like to say thank you to Irram for all her support and for answering my many questions.

“The programme really helps you make long term changes”