
Hala's Live Well Newham Journey

Hala has completed the Live Well Newham Programme and has been happy to share some of their experiences with us and the positive results they have seen since taking part.

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

I found them very helpful – they made me think about lots of different things.

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

I have increased my exercise and walking from 10 minutes to 40 minutes.

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

No.

What was your favourite part of the programme? Why?

My favourite part was getting new information.

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

It has been hard to make changes and not have chocolate, but setting SMART goals helps.

What changes have you seen in any measurements that have been taken? E.g. Hba1c, waist measurement, weight, clothes size etc...

I feel encouraged to come to sessions and make changes.

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

I would because it gives you good information, teamwork and support from others in the group.

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

You will get to know information you may not have heard of before about moving more and food.

“I feel encouraged to come to sessions and make changes.”