

Yvette's Live Well Newham Journey

Yvette has completed the Live Well Newham 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?

I found the simple exercises help us to move and create better habits useful. Making goals weekly kept me in check with my journey and what I wanted to accomplish.

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

I've changed my dietary and eating habits, adding more fruit and veg to meals. I also have smaller portions and have created movement plans.

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

Not yet.

What was your favourite part of the programme? Why?

My favourite part was meeting to exercise – I find it more motivating to work out with company than by myself.

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

The day is difficult for me as I have limited mobility and I work before the sessions. I appreciated the ability to join the programme, so I attended.

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

I have more energy and my cravings have reduced. Some clothes now fit better than before.

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

Yes, it has provided me with information which helped me.

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

Just do it!

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

I wished we met two times weekly or had an exercise group to join.

"I found the simple exercises help us to move and create better habits useful."