



Alan Phipps

Nutrition, Exercise & Wellbeing Programme

Alan joined the Nutrition, Exercise and Wellbeing Programme to find out more about healthy eating to try and stop his unhealthy habits.

Alan told us

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“Over the 12 weeks, I’ve learned loads. I am more mindful of what’s on my plate and have reduced my calorie intake and am making healthier food choices. I have reduced my portion sizes and am having more fibre, fruit and vegetables. I now have a good understanding how to read food labels, I’m more sugar aware and I’ve cut down sugar intake. I’ve broken my old habits at eating in the evening when I’d already had my tea.

I’ve also added an extra exercise class. I weigh less, the lightest I have been in a long time. I understand that I can have things in moderation and not to beat myself up if I have a bad day, just return back to a healthy routine the next day.

This course has been incredible for my mental wellbeing, I have made friends with others in the group and we all go and meet each other for a coffee. I think the coaches are amazing and it’s been a privilege to get all the information from them.”