

Amanda Hodkinson

Nutrition, Exercise and Wellbeing Programme

Amanda joined the Nutrition, Exercise and Wellbeing Programme to gain confidence, get support to lose weight and to become active and get fit.

At the end of the 12 week programme, Amanda has had some fantastic achievements:

- Her portions of fruit and veg have increased from two per day to the NHS recommended five a day
- Lost 15.2kg (2st 6lbs)
- BMI has reduced by 5.4
- Planned exercise has gone from 0 minutes to 150 minutes per week
- Dropped two dress sizes
- Health rated score has increased from 2 out of 10 to 5 out of 10
- WEMWBS (Warwick Edinburgh Mental Wellbeing Scale) score from 15 to 20 showing an improvement in mental wellbeing

After completing the 12 week programme, Amanda told us

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“Over the 12 weeks, I’ve learned a lot of things including what to eat, how much to eat and the daily allowance of salt and sugar. I’m now cooking with herbs and spices rather than jars and use the eatwell plate as a guide of what to include in my meals. And, I’ve increased the amount of fruit and veg that I’m eating each day.

The programme is excellent and I would recommend it to everyone. Attending the group was my first achievement but every bit of information given is broken down and made easy to understand and follow which is what I needed. I’m feeling better and am more active, and people are noticing a difference. It’s also made a big impact on my mental health and wellbeing as I now feel that my depression and anxiety are more manageable.”