

Shaun Bamford

Nutrition, Exercise and Wellbeing Programme

Shaun joined the Nutrition, Exercise and Wellbeing Programme to start a healthy lifestyle - to help with his mental health and get support with healthy eating including how to manage food.

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

- He now exceeds the NHS recommended 5 a day and eats 8 portions of fruit of vegetables per day
- Lost 11.1kg (1 stone 10lbs)
- BMI has decreased from 41.7 to 37.7
- Health rated score has increased from 6 out of 10 to 9 out of 10
- 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 22 to 24 showing an improvement in mental wellbeing

After completing the 12 week programme, Shaun told us

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“Over the 12 weeks, I’ve learned a lot of things including how to lose weight, portions sizes, healthy eating – how to manage food and also all about carbs, sugar and salt, and help with my mental health. All has taught me to love my new way of eating.

The most significant differences are the changes to what I am eating and my exercise routine which has resulted in losing weight. My clothes are now too big!

Coming to the group and meeting other people, losing weight, eating healthy and my mental health changing is brill. At the moment, I am happy with my weight loss and exercise but I’m going to carry on to reach my final goal of losing 4 stones. Thank you to Cheryl and Emma for supporting me to get started with a healthier lifestyle.

It was well worth coming to the group.”