

Weight worries testimonials

I've known for a while I've been overweight but lacked motivation to do anything about it. Weight worries leaflet through my door and with it being free was enough to convince me try and do something about it. I've done perhaps 5 exercise classes in the past 5 years but the ones on offer were very easy to get in to. The programme seems to be working for me, I've lost just over 10kg in the first 9 weeks which translates to my BMI going down by about 5 points.

After having two children my weight gradually crept up..I was constantly tired, had no energy and was starting to get worried about potential health issues.. But I simply couldn't motivate myself to change my lifestyle. I felt embarrassed about going to weight worries and had no idea what my BMI was. The embarrassment vanished after the first exercise class and after about two weeks I'd already felt a complete change in my body and levels of energy. The support given by the team and also other people on the course is absolutely fantastic. It's actually a bit of a laugh! Before this I had no idea about food labels and the hidden ingredients in food and drinks, but now I know how to look for them and how to control them in a balanced diet not just for me but also my family. I will never go back to my previous lifestyle and I thoroughly enjoy the classes that are so different to what I've ever known and they are great fun.

Can I start by saying a **BIG THANK YOU** to the full team ,I have found the Weight Worries Program very helpful, really interesting and fun. The team are very good at getting information across in a way everyone can understand and not patronize. The classes you have picked have been great and the instructors have all been lovely and caring to everyone in the classes, which makes you want to keep going back. The whole program has been worth every minute and I am sorry it is coming to a end. So once again a **BIG THANK YOU** to 3 brilliant health / fitness, caring people.

The best thing about Weight Worries is that the programme is tailor made for people who want to lose weight, change their lifestyle and exercise more. The team are highly motivated and are genuinely interested in helping people reach their goals whether it be offering encouragement in exercise classes or providing dietary advice. Taking classes for the first time and going to the gym can be daunting but doing it with like-minded people and getting such good support from the team makes a difference. The 12-week programme is designed to get us started in making a difference in our lives and the advice and information provided will help us lead a healthy and more rewarding life in the long term.

Having committed to the twelve week course my plan was to attend the gym a couple of times a week and receive a little help and information along the way, hopefully losing a little weight. The course has by far exceeded all expectations with the classes of enthusiastic instructors, total support and commitment from Gill ,Bernie and Ian with all their knowledge and hand outs to back up the gym and exercise classes. I would totally recommend this to anyone lucky enough to secure a place on future courses, I still cannot believe that it is all free! A big thank you to all for helping me achieve my goals ,this includes all staff including receptionists. I hope you see less of me in 2015.