

**Client;** Male, 63 years old

### How did the client come in to contact with the service?

Tony was referred from his GP at Apollo Medical Centre to the Health Trainer

### Primary Issue

Tony wanted help around healthy eating in regards to losing weight and reducing his cholesterol.

### Support Given

The Health Trainer Worked on information around the principles of weight management, including the eatwell plate in regards to intake of food, information on fats and food labelling , alongside this Tony was given information on physical activity and its effects on health. Food diaries were used to analyse intake and look for ways of improving diet, and weighed to monitor progress over 12 weeks.

### Results

	Before	After	Total
Weight	97kg	86k	-1 <sup>st</sup> 10 lb.
Cholesterol	7mmol	5.6mmol.	

Tony's Diets has changed for the better through reducing fatty foods such as cooked breakfasts etc, he has started walking more to increase physical activity and feels more positive in regards to changing health behaviours.

### Tony's View

The service, more specifically Carl's drop in at Apollo Court Surgery was recommended by the GP after I completed an health MOT, as my cholesterol levels were high. I felt ambivalent towards health changes, aware that I needed to make some, but at the same time unmotivated and slightly depressed/low. From working with Carl I have reduced my cholesterol levels, lost weight and dropped a few trouser sizes through the diet changes I have made and also started walking more. I also feel more positive about myself and making further changes after achieving the goals set so far.

### Next Step

Tony is going to continue the good work and the healthy changes made to reduce cholesterol further. He is looking at increasing activity through cycling. The Health Trainer will continue to support Tony and communicate any opportunities identified regards to increasing activity that maybe of interest.