

Matt, 14, Ipswich

Matt and his Mum got in touch with One life Suffolk after seeing his diabetic nurse who suggested it could help support them. Matt wanted to lose weight to get his diabetes under control and improve his overall health. He was very motivated and eager to get started and had been seeing our child weight management practitioner, Helen, for his appointments.

Each week Matt attended a one to one workshop to discuss nutrition and exercise. At the end of each session he would set a small goal for himself and his Mum to work on. He managed to cut down milk consumption from 8-9 glasses a day to 2. He started looking at his snacks and switching treats for something healthier. He has also been trying new foods which was a big challenge for him but proved he could do it.

He has now completed the 6 weeks and has seen some big results as well as losing 4kg. He has been walking 1 mile everyday to school and can feel his fitness improving as well as noticing his clothes are loose. Matt feels happier in himself and is proud of his achievements however it hasn't been a straight forward journey as he does struggle with anxiety.

Matt is proving to himself that all his hard work is paying off. Stay tuned for how he does in the next few months...



Testimonials

"I can now walk to school in 15 minutes! Before it used to take me 25 minutes"-
Matt

"You wouldn't believe the difference. He stood up in a whole school assembly with children and parents and read out a poem. I was so proud I cried"-Mum,
Susan

"The difference in Matt is incredible. Its lovely to be able to go another agency such as One Life Suffolk to educate and support families such as Matts. Its really improved their overall health "-Catherine
Silver Practice Nurse
Barrack Lane Surgery

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