

‘Changing the way I eat and having the support has made me feel better within myself and now I seem to have more energy’.



Manchester Community Health Trainers

Manchester Community Health Trainers Case Study 2014

Marion, 55 first accessed the Manchester Community Health Trainer Service in January 2014. She explains her journey with Manchester Community Health Trainer Shahida Khan.

‘My name is Marion and I am 55 years old. I had concerns over my health because my family have a history of heart conditions and diabetes. I first met a Health Trainer Shahida at my local library for a talk about my health and wellbeing. We met in January this year. Shahida spoke to me about my diet and lifestyle and then she weighed me.

My self – I was just eating quite a lot of junk food like crisps, chocolate and fizzy drinks. I had just got into a pattern of eating anything that was available. I do go out every day and so I do exercise a few hours by walking. When Shahida weighed me I was nearly 2 and a half stone over weight for my height and health. I was glad to meet Shahida. She spoke to me about my weight and what foods would be good for me and I felt this was the support I needed to at least get a bit healthier.

The first time I met Shahida she gave me the goal to make myself feel healthy and on that first day I started eating healthy foods. I stopped eating the junk food and started eating fruit, fish and many more foods which would make me feel better in myself and more energy.

I knew now that I had the support of someone I would do my best to eat foods that are better for me. I would see Shahida about every 2 to 3 weeks at my local library and she would make me feel relaxed as she was someone who could help me change my lifestyle which I wanted to do.

It has been about 3 months since I started to eat healthy and I was 65kg and now I am just under 57kg. Changing the way I eat and having the support has made me feel better within myself and now I seem to have more energy. I feel without the support of Shahida I would not have improved my diet and it has changed the way I feel about myself. This change in the way I eat and support has helped me so much.

Thank you so much. Without Shahida’s support I would not have had the will to do it myself’.

Health Trainers provide support for individuals to lead a healthy lifestyle. They provide practical support and guidance on health issues and lifestyle matters such as becoming smoke free, eating healthier, becoming more active and meeting others. It is a free service and there are health trainers based across Manchester.

To find out more or to make a referral please get in touch.

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