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I’ve been overweight for the last 10 years, but the final straw that made me do something about it came last year. I was off sick from work and was diagnosed with Type 2 Diabetes and sleep apnoea which affected my license and my job as a goods driver.

I was then given a Slimming World on Referral voucher. When I first went to join I was very worried it wouldn't work and being a man I thought I'd be out of place. However, I chose Slimming World as my daughter is a member and I’ve had nothing but support!

My Consultant is so encouraging – she gives great advice and is worth her weight in gold! My group is so friendly and I love hearing everyone’s stories and how they feel about the week they’ve had. I find the tips and support really motivating. The group is the best thing about my weight loss journey - they have become a big part of my life.

Food Optimising is so easy to follow and the choices you can make are long lasting - life changing even - but you can only do it when you're ready. I'm very determined to reach my Target and I’m half way there!

Since losing weight I have much more energy and confidence. I now go to the gym daily and do 3 or 4 classes a week – I love Aqua Zumba and Clubbercise! I can also now play with my grandsons! My children are so happy I’ve made this step to improve my life for the better.

My health has also improved as my Diabetes is in remission and my sleep apnoea is completely cured! My work colleagues are so pleased for me because I was so ill before.

There was a time at work that I couldn’t connect up a new trailer as the gap was so tight that it made me feel awkward. Now, a few people have walked straight past me as they didn’t know it was me!