

Local Community Wellness Clubs
12-week Weight Loss Challenge Members
Feedback (Jan-March 2011)



I joined because I wanted to get back into shape, I had been very depressed and needed to regain self esteem and win my life back. Since joining the club, everything has changed - we have re-written our family menu, changed our shopping habits. I have more energy and walk further with the dog. I enjoyed the club – decent, honest folk! Seriously – it has made a difference in having the support and the friendly welcome. My clothes have gone from a large size to a medium – I would love to come back to the next challenge and I will refer to family and friends....Daren.

*I joined to regain my figure, feel fitter and more youthful! I have now increased my eating and exercise, and burn fat. I was a size 12/14 at the start and now I am a 10/8. I have better skin, more hydrated, feel more flexible, more active and have more energy.
Would I come back.....YES...absolutely – I am already spreading the news!
Gaby*

I joined the club as I thought I was dying of obesity. I have now completely cut out the things made of fat, flour, pastry – I eat more protein and drink more water. I exercise more. I enjoyed educating myself at the club. I loved the encouragement and the nutrition program I am on. I have higher energy levels – more sustained. I can climb stairs more easily. I enjoy walking again, I have improved my breathing. While active, my feet, ankles and fingers are back to normal and no swelling anymore. My size has changed from 26-24 top and 24-20 bottom. I personally enjoyed the program, the support, the group, facilities and flexibility. It has been most helpful and useful to my temperament and personality. Maureen

I joined for health and weight loss. I now eat more protein and walk daily. I enjoyed the company and motivation from the club. I was a size 20 now a size 18. I use my inhaler less and feel healthy. I will come back. Liz

I joined because I am a diabetic and needed to lose weight. I now think carefully about what I eat. I enjoyed the club, it was friendly and there was lots of helpful information. I was a size 26 now a size 22. I have lots more energy, do a lot more walking and exercise. I will come back..Jean

*I rejoined as I love the relaxed atmosphere, the members and the information given. I have cured my sweet tooth and do not have bread or potatoes! I have changed from a size 22/24 to 18. My energy levels are back and my joints are now less painful – would I come back to the next challenge....YES YES YES!
Katherine*

I joined to lose weight and learn more about nutrition. I now drink more water and consume more protein. I enjoyed finding out new nutritional information. I started the challenge at a size 14 I can now get into size 12 again and my energy levels have improved. I would come back and will refer to my friends..Olga

I joined the challenge to lose weight and get fit. I have reduced my bread intake, have less bad foods. I enjoyed the club as it was friendly, helpful and encouraging.

My waist has gone from 42-38, my chest 46-44/42. I now find it easier to do exercise and recovery time reduced. I will be back..Nathan

I joined to lose weight. The club was friendly and informative. I have stopped eating chocolate!! Since joining my shape has changed from 14/18 to 12/18. I will come back to the next challenge.Penny

I joined the club to gain weight. I now eat more protein and exercise more. I enjoyed the club because you meet different people. Since joining I have put on weight and have more energy. When I first started I looked drawn and had no energy. I will come back to the next club and I would refer it to family and friends. Sarah.

I joined as a returning member to lose more weight/fat. I now eat more protein and less saturated fatty foods. I enjoy the club as there is a nice crowd, it's good fun – without too much 'strictness'.

I started as a size 18- now 14/16. I feel less tired and I feel I am 'now healthy'. Julie

I rejoined the club to continue to lose weight, I make healthier food choices and walk more. I enjoy the club as you get lots of support and encouragement. I have changed from a 14-16 to a 12 sometimes 10. I have more energy. Janet

I joined the club as I had stopped smoking and put on lots of weight. I also had an injury and was unable to exercise. I decided I needed to get back into shape before I got too fat! I enjoyed the encouragement of other members and seeing the progress of everyone. I am beginning to change shape and aim to be in a comfortable size 12. I have more protein and put more thought into my evening meal and now eat more variety. I exercise more and go to the gym. I would come back to the next challenge and refer to my friends. Rachel

I rejoined the challenge to continue losing weight. I am trying to eat all the right things! I enjoy learning things from the club. I have more energy and have changed my shape from a 20-16/18. I would come back again! Nola

I joined to lose weight and get fit. I have now completely changed my eating habits and found the club very informative. I was a size 16 now a size 14 and have clearer skin. I am coming back to the next challenge with my partner! Helen

I joined the club, as I heard good things and wanted to become healthier. I now eat more protein, drink more water and have found my fitness levels have improved. I started a size 20 now 16/18. I like the club as it is very social, good information and I like meeting people with similar goals. I would come back to the next challenge..Charlie

I joined the challenge to get into shape, I now drink more water, eat more protein and do more exercise. I enjoy the club as both members and staff are very friendly. I would come back and refer to my friends...Rhys

I joined to lose weight and feel fitter. I no longer have fizzy drinks, I have less snack and do exercise more. I found the club very friendly and informative. The changes I have noticed are that I now walk faster, have a flatter stomach, and have more energy. I would like to come back. Christine.

I joined to lose weight and get fit. I eat a lot less now but what I do eat is more nutritious food. More fish, fewer carbohydrates, my fitness levels are improving,

but there is a fair way to go yet. I enjoyed the club as it was good company, good support and good advice. I was a 22 – I am smaller now! My weight loss is significant and both energy and fitness are much better – I can walk up a hill!! Tried zumba for the first time at the end of the challenge and got through the hour alive! I would like to come back to the next challenge. Lucy

I rejoined the club as a previous winner – winning £300! I now eat more protein, very little bad carbs, go walking and do zumba. I enjoy the club and the lovely people. I no longer have indigestion and I now have more energy. Chrissie

I rejoined the challenge as I know the diet works well and I like the friendly helpful staff. This time I joined the smaller group at the Shake the Weight Wellness Centre as it fitted in with childcare. I have lost more weight, do more exercise. I was a 18-20 when I joined now mostly 14/16 top-16/18 bottom. I would come back to the next challenge and refer my mum! Fran

I joined as I was ready and needed to lose weight. I eat more healthier – watching what I eat and making the right decision. I use my wii fit 5 times a week and go up and down the stairs 3 times. I am not so tired during the day and my health is slowly improving. I would come back to the next challenge. Since this challenge I gone down from a size 28-26. Tracey

I joined to lose weight and feel healthier, I started a size 20 now size 18, I am more energetic. I enjoyed the company with like-minded people. Francis

I re-joined the club for a bit of re-enforcement and moral support. I drink more water, do more exercise, eat more protein.....and hardly any cake! I enjoy the club as it's friendly and there is good advice. I started a size 20 now 16 – my skin is better and I can run upstairs now. Yes I will return. Ann

I joined to lose body fat and general weight and to improve my health. I am now more aware of the facts – my shape has changed from 18 to 14/16. I would like to come back. Vi

I joined to lose weight and body size. I now eat more fruit and veg and include rowing every day. I found the club very interesting. I have more energy and went through the winter with no colds. Elsie

I joined to lose weight and get healthier. I now exercise every day and have changed everything. I feel good. I enjoyed the club and loved Jenny. I would come back. Lauren

I joined the club to lose weight and get rid of headaches and tiredness. I now exercise a lot and eat a lot healthier. All my fitness levels have gone up. I enjoyed the club and loved Jenny. Sammi

I joined to lose weight and get healthier. I eat more protein and do lots of exercise. I was a size 20 now 18. I feel much better, much fitter have more energy and not so tired...Jenny is a brilliant teacher... Tracey

I joined to lose weight, keep healthy, make my breathing better and to help my heart condition. I now eat more healthier food, smaller portions – I do a little disco. I enjoyed the club, found it very interesting and meeting other people. I was a size 16 but now I can get into some size 14. I am sure this program is helping me. I would come back. Joan

I joined because I like the program and would like to know more about healthy living. I now eat and drink more healthy things – like chicken and fresh vegetables and shakes with soy milk. I enjoy the club because you meet people and you get a lot of information and feedback from different people. My size when I first started was a size 16 – now I have just done my third challenge and I can fit into a size 12. My energy levels have improved – before I was very sluggish when walking and I now seem to be able to walk quicker and further. I also used to feel tired sometimes in the day but now I feel much better in myself. Linda I rejoined the challenge as I was pleased with how well I did on the last challenge and promised I wasn't leaving. I love the clubs, I find them educational and fun! I now know why foods are bad and how they affect me. I was a size 22 when I joined and I am now a size 18. I now walk everyday. I feel healthier and wish to continue. Lauren