

**"I wanted to share my experience to show others that preventing diabetes is not as hard as you would think and you can really feel the difference in your mind and body."** Claudine recently completed our Diabetes Prevention Programme in Worcestershire and shares her story and results with us.

### **What was the best part of the programme for you?**

The turning point for me was learning about abstract food labels, understanding the meaning of these was a true light bulb moment for me.

### **What was the hardest part of the programme for you?**

The first initial meeting was difficult as I knew very little about diabetes prior to this programme, so understanding how diabetes occurs was hard to get my head around.

### **How did you find the support groups?**

They were excellent. Everyone was friendly which was very

comforting as it was daunting to start with. Not to mention the very helpful information.

### **How has the programme changed your life?**

I've lost a significant amount of weight, which has had a great impact on my happiness and health. Over the past two years I experienced a loss of confidence in doing any exercise, but since coming to the diabetes prevention programme things have started to change and I feel more positive.

### **Will you continue to follow the programme now you have finished?**

Definitely. I no longer see myself 'dieting' as I now have a better understanding of my own body and the concept of nutrition,

*"I've lost a significant amount of weight, which has had a great impact on my happiness and health"*

which has led to a new and healthier lifestyle.

### **Would you recommend the programme to others?**

Yes. No doubt about it.

### **Claudine's story**

Claudine was a keen ice-skater in her younger years; but unfortunately a back injury nine years ago forced her to retire. Whilst Claudine is still active, she has suffered hip, knee and foot problems over the past three to four years, which have restricted her exercise. Our diabetes prevention programme has helped Claudine to lead a happier and healthier lifestyle. She has lost one stone in weight, cleared her knee problems and has dramatically reduced the amount of medication taken.

