

**Terry recently completed our Diabetes Prevention Programme in Worcestershire and shares his experiences and results with us.**

### **Terry's story**

I have worked hard all my life and now that I am retired, I find out I have pre-diabetes. I was shocked, but I took it as a wakeup call. The doctor had previously told me that there were good, normal, and bad levels of glucose and that I was on the bad side of normal.

The first thing I did was stop having sugar that was added to anything. However, the next blood test showed that my glucose levels had not lowered. I had a phone call from the doctor telling me that I needed to lose weight and the best way to do so was enrolling onto the pre-diabetes prevention programme. I had two pre-conceptions; I was going to eat rice and yogurt for every meal, or run a marathon every other day. Yet, neither of these conceptions were true. The programme is about making small changes that make a big impact. Without this programme, I would be well on my way to Type 2 diabetes. I changed eating habits and started to lose weight in no time. I also cut back on snacks and reduced the number of carbohydrates I was eating. I have almost reached my goal of losing one stone.

The next thing was fitness. I always thought I was fit as I keep myself busy at home doing gardening, painting, and house work for at least 5 to 6 hours a day. With the help of this course I have been able to get fitter through various exercises. I take one half hour fast walk after my main meal and I combine this with my hobby of photography. I also complete the band exercises in a chair whilst having a cup of tea. All the changes that I have made were easy, but more importantly easy to maintain for life.

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

The best part for me was that it showed me the way forward with my health and lifestyle. It gave me the means to change the way I live to ensure a healthier me. I was really surprised how everything has changed for me; I have a definite understanding now of what is 'good and bad for you'.

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

I found it difficult to set new goals as I'm a doer, not a talker. I'd

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rather just do things when I feel I need to and complete them as soon as possible, so setting future goals was hard. However that's just me as an individual, I know this would work well for others.

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

This programme has been a great way for me to implement small changes which lead to a healthier lifestyle. I have implemented the various exercises from the course into my daily routine which is helping to improve my fitness. My aim was to lose one stone in weight and I have nearly reached that goal. Some may say that the hardest part is to keep the weight off, but I'm confident that with the knowledge I have acquired, I will achieve this.

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

Most definitely. The changes are small, it has been simple to follow and is easy to maintain. It is an easy lifestyle change which keeps me healthy. I will absolutely stick to it.

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

100%, yes.

