

## Rachael's More Active Health success

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**Rachael Gough from North Warwickshire enrolled on the programme after speaking to a More Active Health coach at Coleshill Leisure Centre.**

## Why did Rachael join More Active Health?

Rachael had been trying to lose weight for 18 months and felt like she was getting nowhere. “I was at my wits end and desperately needed some help to shed the weight,” says Rachael. **“I was on a diet but it wasn’t making a difference.”** She had recently been diagnosed with an underactive thyroid and felt overwhelmed at the thought of stepping inside a gym. “I thought that everyone was going to be stick thin and make fun of me. I now realise that nobody cares about anyone else and everyone is there for the same reason; to get fit,” says Rachael.

## The impact

Since starting the More Active Health programme, Rachael’s fitness levels have greatly improved and she has dropped two dress sizes. Her friends and family have also commented on her new-found energy and enthusiasm. **“My life has completely changed. It’s the simple things like being able to run up the stairs with the washing and not get out of breath.** I no longer feel like an old woman with aches and pains,” she says. “I have more energy to share with my kids and I am a much happier person because of it.”

“The free More Active Health kit provided as part of the programme has **helped me to adopt healthier habits at home.** I’m definitely choosing healthier and fresher food, drinking more water, snacking less and I have also reduced my portion sizes,” says Rachael.

## Now and the future

Although Rachael has now finished the six-week course she is continuing with her new fitness regime. “My coach Martin was great. He gave me the motivation to keep going and taught me a lot about my body,” she says. She has now made a promise to set aside 30 minutes every day to exercise. “My husband and children know that it is mummy’s time and fully support me,” she says.

Rachael would recommend the More Active Health scheme to anyone looking for some extra motivation to help them lose weight and improve fitness levels. “It can be hard to make that first step into the gym but you just have to go for it because if you don’t you will end up regretting it for the rest of your life,” she says.

**To find out how More Active Health can be delivered in your centre and help you reach your goals contact Jonathan Scott at MEND on 07515 612 263 or [jonathan.scott@mendcentral.org](mailto:jonathan.scott@mendcentral.org)**

