

David's Low Calorie Diet journey

David has completed the NHS Diabetes Prevention programme with Xyla Health & Wellbeing in South West London and has seen some amazing changes since starting his journey. He has been happy to share with us some of his experiences and results.

What did you find useful about the group sessions? What stood out for you in your sessions?

It completely changed the way I think about diabetes and how to prevent it; through a sensible diet and regular exercise. I learned a great deal about diet, and it was helpful to compare experiences with other people. Best of all, I lost 17 lbs and I haven't put on any weight since completing.

What changes did you make to your lifestyle, e.g. exercise routine, dietary, habits...?

I changed to a much healthier diet: I consume less sugar, cut out fruit juice and eat less bread & biscuits.

What was your favourite part of the programme, why?

The clear information about how to change my diet was most helpful for me.

What challenges did you face with the programme, and how did you overcome them?

It wasn't easy to lose weight during the winter but with support from my wife I managed to lose a certain amount of weight.

What changes have you seen in any measurements that have been taken? E.g. HbA1c, waist measurement, weight, clothes size etc...

The result I am most pleased with is reducing my weight by 17lb's.

Would you, or have you, recommended the programme to others? Why?

Definitely. There was a real sense of camaraderie, of people coming together with a shared aim, the instructors were friendly and helpful. I learned so much about diabetes and diet.

What would you say to those who are thinking about joining the programme?

Be realistic in your targets. Don't expect to lose lots of weight straightaway or to suddenly become super-fit. Moderate and sensible targets worked best for me.



If you would like to find out more about the NHS Healthier You Programme or are interested in referring you can find more information by visiting our website:

<https://preventing-diabetes.co.uk/>

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