

MAKE A CHANGE BE THE DIFFERENCE.

OWN
LIFE

It's never too late for us to make the small lifestyle changes which can have a big impact on our health and wellbeing.

Self-confessed "80 something" Beryl Wigglesworth, from Chester, was told to start attending a diabetes clinic at her GP practice in due to her 13st 3lbs weight. Here she explains how she took control:

"In 2012 I was told I had Type 2 diabetes, which was related to me being overweight. I had to attend the diabetes clinic at my local GP practice every six months for tests from that moment on!

"I knew I had put weight on as I felt so uncomfortable and really bad about myself. I knew my weight had caused me to get diabetes too and I knew I had to do something about it. But my weight kept creeping up so in April 2016 so I joined Weight Watchers, attending a group at Wesley Church in Chester.

"I did really well with my weight loss each week and started to feel a lot better about myself. I attended with a friend so we supported each other.

"In October 2016 I went back to the diabetes clinic for my six-monthly check and the nurse told me I was no longer showing any sign of diabetes. She said a careful change to my diet would have helped and asked me what I had been doing differently?

"I told her that since seeing her six months ago I had joined Weight Watchers and had lost two-and-a-half stone in weight!



"The nurse was so pleased as she clearly said being overweight had caused my diabetes and the fact I had done something about it was amazing!

"Karen, the coach from my Weight Watchers class, has been so supportive and is ecstatic about the results of my tests, as am I. I feel so much happier about myself and so much healthier.

"Diabetes affects everything in your life. Every time I went away I had to mention it just in case, I had to watch my diet all the time but I have now been shown a whole new way of healthy eating.

"I have to go back to the diabetes clinic in October 2017 and I am hoping I will be taken off the diabetic register completely. I thought I would be on that for life!"