

Health Trainer Case Stories – About the Client

Describe your client, e.g. age, gender, ethnicity, special needs etc, and how you made contact with this person?

White, male, 48 year old man, living in one of the main areas of deprivation in Scarborough. Client picked up a leaflet from a Doctor's surgery.

What did they want help with (primary issue and any other issues)?

Diet – wanted to eat more healthily and lose weight.

How did you help this person and what worked well?

Helped client to swap to healthier choices e.g. grilling rather than frying food.

What difficulties did you have and how did you overcome them?

Client has chronic back pain through injury so couldn't exercise, because of this we stuck to losing weight through dietary changes.

What did this person achieve, including changes to their lifestyle?

Client only had 4 sessions because he was so well motivated and able to stick to goals. In that time he lost just under a stone and has thrown away the deep fat fryer. He will need an operation for his back soon so the weight loss will aid his recovery.

What did you learn from helping this person? What would you do differently next time?

That despite being in chronic pain a lot of the time, a positive mental attitude helped the client achieve his goals. He was an inspiration to work with!

In 50 words or less, please tell us how the client benefitted from working with you:

The client completely overhauled his diet; throwing away his deep-fat fryer, swapping to low sugar drinks, no longer snacking in the evenings and eating healthy soups and jacket potatoes for lunch. Whenever a goal was set, he stuck to it and within 4 sessions achieved the weight loss he wanted. I think he was encouraged by having someone to feedback to and praise him for his achievements. He rated the HT service a '10' on every question on the evaluation form.