



About...

The program is designed to help you learn ways to manage your weight which are both healthy and sustainable in the long term. It also aims to help people to try some new ways to move their body that are fun, safe and accessible, even if they have mobility issues.

It is meant to be fun and supportive, bringing together like-minded people with similar goals. There is also quite a bit of media myth-busting!

The course provides some accountability by way of a private weight check in, but this is not the most important part by a long way and is instead just one tool to help track progress against goals.

Our aim is to give you the skills and knowledge you need to look after your health for the long term. We aim to provide a positive, judgement-free environment that is accessible for everyone.



When does this programme happen?

The programme is held three times throughout the year and lasts a total of 9 weeks. The first will start in January, the second in April and the third in September/October.

Where is it?

Online or YMCA Bridgwater, Friarn Avenue, TA6 3RF.



Testimonials

"I found the course much more informative than I thought it would be. Jac is such an inspirational coach. It was great to try activities that I never thought I would be able to do and enjoy doing them."

"I am now getting out there to try out different activities and try not to feel too self-conscious about it. For that, I have resumed swimming, something I haven't done in years and I'm currently enjoying it immensely."

"I did learn a better way to plan my meals and tried some activities I wouldn't have otherwise tried. I now know the type of activities I want to try and include going forward."

"Jac certainly made the whole course work seamlessly. She has definitely helped kickstart my weight-loss journey!"

Derrick's Story

I was suffering from a very painful left knee and went to see my GP. She diagnosed that I probably had osteoarthritis and referred me to Musgrove Park Hospital. They confirmed my condition but as I was overweight (obese) they would not put me on the waiting list for a replacement knee. I started going to the gym, cycling, rowing and seated strength exercises. Whilst I was feeling healthier the weight was not reducing enough to be put on the waiting list.



Having started the course it was obvious that the exercise alone was not going to work as I putting too many calories into my body. This is something I had never considered or even thought about. When I started the course I was 115kgs at the end I was down to 96kgs. By going on and doing the full course I now do a daily calorie count and a weekly weight check. Not every week is a perfect one but I am managing to keep it down to a level where I have now been put on the waiting list for a knee replacement.