

Rikki drops four stone and four dress sizes to smash running dream



Start weight: 16st 1lbs

Current weight: 12st 4lbs

Weight loss: 3st 11lbs

Start BMI: 37.5

Current BMI: 28

Percentage weight loss: 24%

“I love being a healthy role model to my daughter.”

Determined Rikki Warrington completed her Livewell journey in July 2019 and has continued her healthy lifestyle changes - losing nearly four stone to become a size 12 and exceeding her dream of running 10k.

The 42-year-old joined Livewell after her NHS Health Check flagged a high BMI, giving her the opportunity to join the service’s weight loss programme.

“I was aware that my teenage daughter was picking up my bad eating habits and lack of exercise so I wanted to be a better example.”

During the new starter meetings, Rikki set herself two long term goals – to be fitter for her family and to run a 10k race.

Smashing both these targets, Rikki has lost over 24 kilos and is proud of the positive effect she’s had on 16-year-old daughter, Isabel.

“Isabel and I have both adopted a more active lifestyle, reaching a healthier weight and being more conscious of the types of food we’re eating.”

Rikki puts her success down to the inspiring support she’s received from fellow clients, Livewell volunteers and advisors.

“Before Livewell I barely did any physical activity and was so nervous at first. It took me a while to build up the confidence to go to my first exercise class but I’ve not looked back since. The reassurance I’ve received from everyone has enabled me to achieve lifestyle changes I wouldn’t have been able to manage on my own.”

Graduating from Livewell’s Couch to 5k course in October 2018, Rikki now runs three or more times a week, joining the sociable Derby Joggers group led by Livewell volunteers/jog leaders, which is open to everyone. She also packs in walking and other activities, drastically exceeding the Chief Medical Officer’s recommended guidelines of 150 minutes of moderate physical activity each week.

Reaching her goal of running a 10k race last April was a rewarding moment for Rikki and she has since completed a second 10k and the Derby 10 mile race in November. Now, in 2020, she has her sights set on a half marathon.

“Completing the Derby 10k was definitely a highlight and showed me what I am capable of – so finishing the Derby 10 mile (almost four miles further) with other Derby Joggers members was even more thrilling. I couldn’t imagine contemplating it a year ago. I’m building up to the Carsington 12.5k next spring and possibly the Derby Half Marathon.”

Helping others to be active and healthy

Although Rikki’s enthusiasm for running started with Livewell, she credits her recent achievements to Derby Joggers and is even training to be leader to give back to the group:

“The camaraderie amongst the members and leaders has encouraged me to keep going and strive for more. They are so motivating that I want to support other people to try jogging by becoming a leader myself. So many people believe running is beyond their capabilities but thanks to Livewell and Derby Joggers I’ve found an activity that can keep me healthy and happy for life and I want others to enjoy that positive experience too.”

Inspired by Rikki’s success?

Livewell’s free 12-month Lose Weight programme supports clients to achieve their goals through free exercise sessions, an 8-week weight management course and weekly meetings and drop-ins. To find out more visit www.livewellderby.co.uk

