

Jeannie's Journey

Before Livewell: 76.4kilos, BMI 30.2

After 9 months: 69 kilos, BMI 27.2

A Livewell NHS Health Check changed everything for 56-year-old Jeannie Mordacai from Mickleover. Now she's over a stone lighter and has a new zest for life.



“Meeting Health Check advisor, Cathy in Derby’s market hall started a whole new journey for me,” says Jeannie who had her blood pressure taken at a Livewell stall before booking a free NHS Health Check at the Council House with Livewell to get a more comprehensive measure of her health.



The free checks are available for people aged 40 to 74 in Derby and are designed to help identify early signs of any health problems. Livewell’s team offer advice to help people reduce their risks and Jeannie was grateful to be signposted to Livewell’s free 12-month weight loss programme.

“My cholesterol was quite high and my weight had crept up over the years. I wasn’t making good choices and chocolate was my vice – I just can’t eat a few squares, I have to eat the full bar!

Exercise used to be a really big part of my life – I was an ultra-marathon runner but I live with osteoporosis and a fractured spine in my forties had left me out of action for six years. Not being able

work or move properly made me feel so low and that’s when the weight started to pile on.

That’s why this check came at just at the right time, having just retired I had a bit more time to start thinking about me and reconsidering my lifestyle. I felt ready to change.

Health check advisor, Louise took me through all the checks and explained everything so well. Although I was a bit concerned about my blood pressure and cholesterol results, Louise put me at ease and helped me to join Livewell’s 12 month Lose Weight programme to help improve my health.

That was in June last year and I haven’t looked back since. Each week, I do the gym three times, swim once, complete a Livewell walk around Mickleover and sometimes squeeze an exercise class in. There are all sorts of free Livewell activities for people to try and everyone

is so welcoming. Four years ago I started Nordic walking – a whole body workout using poles – and I love doing this too.

As part of my Livewell membership I get to use Derby Arena. I love it there – the staff, from the receptions, to the gym instructors to the cleaners –are all lovely and friendly. Gyms can be scary places but at the Arena you see people of all abilities and ages so I feel like I really fit in.

Everyone is given an advisor but the full Livewell team is always on hand to answer questions and offer support. My advisor, Rania was great, giving me weekly encouragement at the drop-ins where you can just pop in to get weighed and ask any questions.

Livewell’s Lose Weight Feel Great course helped me come to terms with my portion sizes, I didn’t realise how much I was overeating of the wrong foods. We all think we’re eating the right calories and drinking enough water but the meal planners and food diaries helped me to see where the extra calories came from. The 2lb and 5lb fat models were a revelation, seeing how much space that amount of weight takes really made me think twice about tucking into a biscuit.

Now I enjoy fresh, home cooked food – it doesn’t have to be complicated or take a long time, gone are the days I’d reach for a ready meal. And I only have chocolate as a treat, if it’s not in the house I don’t miss it!

I’m aiming to get to below 10 stone – that’s my happy weight. My other goal is to be as active in my 70s and 80s as I am now. For the first time in years, I’m feeling confident that I’ll get there.”

Find out more

To find out more about Livewell’s free 40 minute NHS Health Checks or its free 12-month weight management programmes, visit www.livewellderby.co.uk