

## **Julie: Fit and fabulous at forty!**

The thought of being overweight and forty was enough to spur Julie on to join Livewell. And over a year later and 1.5 stone lighter, life couldn't be more different.

### **Knee pain**

Visiting my GP practice a few years ago, I complained about pain in my knees. Losing some weight and strengthening your legs will help, the nurse told me more recently. She also suggested a self-referral to Livewell. The rest is history!

### **The big 4-0!**

I was 13 and a half stone and about to hit a milestone birthday. I didn't want to be fat and forty. Whilst I couldn't do anything about being forty, I could address the fat part. I'd barely done any exercise since school and even climbing the stairs left me feeling breathless.

### **My Livewell family**

I felt nervous attending my first Livewell exercise class. Luckily the advisor and other clients were so encouraging, which put me at ease. I soon made a whole bunch of new friends – we share tips and push each other, it really is like having another family!

### **A new me**

Thanks to Livewell's Lose Weight Feel Great 8-week course, I've changed the way I eat as well my activity habits. I've lost 1.5 stone and inches off my body. I love getting into clothes I couldn't wear before!

Exercise is a way of life for me now and Livewell gave me the confidence to keep going. I was so proud to run my first 5k in May without stopping after completing Livewell's Couch to 5k course. I hadn't run since school!

I do five classes and four runs every week, which I could never have done before. I'm thrilled to call myself a regular runner, completing 18k every week and taking on new challenges.

My knees ache occasionally after vigorous exercise but otherwise they're a lot better.

### **Julie's top tip**

Embrace your time on the programme from the start and make the most of every day. Try new classes and all the activities on offer - everyone is friendly, welcoming and supportive.



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