

Norman's story: I'm half the man I used to be!

Name: Norman Todd

Weight loss: 63 kilos / 10 stones

Was: 132 kilos / 20 stones 11lb, BMI 44.1

Now: 70 kilos / 11 stones, BMI 23.3

Height: 173cm



A Derby City Council Project



Then and now: Norman, left, before joining Livewell and right after losing 10 stones

New lease of life for Norman after incredible 10-stone weight loss

61-year-old Norman Todd is a shadow of his former self thanks to joining Livewell – a free healthy lifestyle programme run by Derby City Council.

Wake-up call

Norman's 40-year struggle with weight started when he left school. His weight crept up over the years, peaking at 21 stones.

The retired teacher from Chellaston was given a wake-up call after a mild heart attack in March 2015. His doctor suggested Livewell's free 12-month plan could help Norman to shed some all important pounds to improve his health.

"I was buying bigger clothes with every year that passed and knew deep down that I needed to do something. Finding out I was morbidly obese gave me the final push to take action and sign up for Livewell."

Tailored support and sociable activities

Despite being apprehensive, Norman was soon made to feel welcome to Livewell's social meetings and activities. His advisor, Ben - a specialist in cardiac rehabilitation and weight

management – created an individual plan for Norman that combined a practical 8-week healthy eating course, gentle exercise and one-to-one support.

“Having a plan to follow that suited my needs made it easy to get started. I met so many people in the same boat as me and we supported and motivated each other by comparing struggles and sharing tips. I never once felt judged because of my weight.”

Norman steadily lost weight and gradually built his fitness through gentle walks, badminton and Livewell circuits.

“I’d not done any exercise since leaving school but I was surprised how much I enjoyed getting stuck in, working hard to improve my fitness and having a laugh with the new friends I made.”

Breaking bad snacking habits was another key change to Norman’s lifestyle after completing Livewell’s Lose Weight Feel Great course:

“I’ve learnt to eat healthy filling meals with sensible portion sizes that prevent me snacking. Surprisingly, I discovered that I wasn’t eating enough protein at breakfast so I’ve introduced high fibre cereal, bananas or low fat yogurt to get a better start to the day.”

Life today

Today Norman’s a fitter, healthier and more positive person. And Norman’s wife, Carol and two grown up children couldn’t be happier with his transformation.

“My wife and children can’t believe the difference. Before I could hardly walk to the end of the road now I’m always on the go, doing two hours of exercise nearly every day.”

Norman’s love of physical activity means his days are filled with cycling, walking, the gym, badminton, circuits and walking football. Some people might imagine that he’d be flat out after all that physical activity but Norman argues it’s done wonders for his energy levels:

“I have an enormous abundance of energy and I feel so well. Although I’m retired, I still do GCSE examining work and whereas before I might get stressed or tired, I find I’m not the least bit stressed now. My memory is sharper and I sleep so much better too.”

To maintain his fitness and weight, Norman has taken advantage of Livewell’s post programme Wellness membership so he can continue to use Council leisure facilities and take part in Livewell classes for a further year.

Norman’s Tips

- Keep a log of your food portions, using the Eatwell Plate as a guide.
- Focus on long-term commitment to achieve success. Losing and maintaining a healthy weight is not a quick fix.
- Make the most of Livewell activities including the Lose Weight Feel Great course – the encouragement from others really helps.

