

WHAT PRICE SUCCESS, WITHOUT THE WELLBEING TO ENJOY IT?

Sadly the International Obesity Crisis is here in Staffordshire, with the highest levels in the country present in our county, where 30.7% of Tamworth residents are clinically obese, with resulting detrimental effects on our population & a massive & growing strain on our NHS!

This Article is to GIVE HOPE to those who feel they are facing an impossible task to return to normal, healthy & fruitful lives.

This is the story of a local, Successful Business & Family man & his remarkable Wellbeing Journey:

The Academy 4 Wellbeing experts in Nutritional, Physical and Emotional health reveal their secrets in helping a local business man achieve the weight loss and health improvement he had only dreamed of and which has been described by his General Practitioner Doctor as “a miracle” (*Full informed consent has been granted by Andy Ward*).



Andy Ward (The Client): Andy is a 41year old , Company Director, originally weighing 17stone with type 2 Diabetes & blood sugar levels that were alarmingly high, with no exercise routine, in sedentary , highly stressed job, including lots of driving ,with family history of high blood pressure & threat of stroke , or heart attacks._He sought the help of The Academy4Wellbeing in **October 2012.**

The Brief: Andy required a “Tailored Weight-Management Plan” that avoided residential attention. This can be organised for clients in Staffordshire.

Platinum Tailored One to One Package “Individuals whose food Addiction is acute, can have tailor-made plans created, which can achieve dramatic benefits & sustainable changes 4 life!” These plans are managed , by Academy 4wellbeing Team Members , working in unison,with the client, on a step by step basis, with the key objective of "Re-Educating " & "Furnishing The Tools" to create a " a Slimmer, Healthier, Fitter client ,who can then stand on their own two feet !

The Process: Included a home visit to establish current lifestyle & work challenges, a pre course screening and evaluation and preparation of an 8 week plan, with ongoing weekly support fully costed. The plan consisted of Assessments of Physical, Nutritional & Emotional Health by our Eminent Directors/Leading Consultants & his GP, which included

- 5 Emotional Counselling sessions
- 8 Nutritional Counselling sessions
- 24 Physical personal Training sessions

Full Review & agreeing of future after-care plan.

Results to date : Andy lost 36 lbs. in 12 weeks & currently showing a **TOTAL WEIGHT LOSS of 42 lbs. (3 Stone).** Which Andy has maintained for 3 months , thus proving he is achieving SUSTAINABLE CHANGE! Blood sugar levels averaging 5.5 to 6.5, Cholesterol normal level, reduced medications, he exercises regularly, eats healthily & enjoys food, major stress reduction, normal blood Pressure levels and looks years younger

NUTRITIONAL WELLBEING (Wendy Wells)

Andy is a very personable, focused business man with an aura of quiet determination, passion and resolve around issues of family life, his business, his friends and colleagues but ‘Andy issues’ did not come high on his list of priorities.

Andy’s health profile was a little neglected and needed a good ‘Spring clean’

When we first met, his height and weight showed a Body Mass Index (BMI) of 33.8kg/m² (Moderately obese). This is the recognised medical definition of calculating a person’s weight and its correlation to health although it does have its flaws, mainly that body mass does not allow for the body frame of a person or their Muscle Mass.

He reported a family history of high blood pressure and indeed had a raised BP himself. He also had asthma and more importantly, Type 2 Diabetes which had been diagnosed in the summer of 2009. Unfortunately, he had received very little information or education around this diagnosis and very little follow-up. Although his blood lipid levels (cholesterol) were good, his blood tests showed that his diabetes was out of control. The implications of Type 2 Diabetes Mellitus are serious and wide reaching.

It is important that regular medical checks are made on the eyes, feet and blood tests for the invisible but vital monitoring of the condition. Andy had not had these checks performed because no-one had told him how important it was.

Andy's work/life balance had been chaotic and unorganised. He had no routine apart from a lack of routine and working long hours when he was tired and so his work could be unproductive and therefore take longer than it should.

It was agreed that Andy would STOP. He needed some 'me' time. Fortunately for Andy, he was able to work his job around this but it is something that anyone could do. Allow yourself a period of time to reflect and consider priorities, aims, goals, ambitions. This could be whilst you are driving home or sitting on the train; walking at the weekend, lying in the bath. Just find yourself five minutes to think about you. Planning is the key to success for most people, most of the time. It is easy to think ahead and decide on the next task and forget to live in the present. We had the unusual but golden opportunity to sit and reflect and help Andy to realise that he needed to re-prioritise his work/life balance and then he would actually achieve more.

He worked long hours, ate sporadically and slept as a last resort. We discussed his need to sleep as a priority. Sleep is a basic need which we take for granted but it is essential to healthy living for physical and emotional wellbeing

If we are sleep deprived it leaves us depleted, with a poor appetite and poor at making judgements at home or work, argumentative and generally irritable. Sound familiar? Examine your evening routine, sleep quality and quantity and consider whether you need to do something to make a change.

After tackling his sleep pattern Andy began to feel better and found it easier to collect his thoughts and apply the energy that he needed for the next tasks on his list.

The Academy for Wellbeing is based on the principle of the three pillars. The approach to eating (APPETITE), the physical fitness (ACTIVITY) and the emotional aspects (ATTITUDE) each require the same amount of energy to be applied. Imagine a milking stool with three equal length legs. Unless the legs are of equal lengths, it won't happen. Each aspect requires 33 1/3 effort.

Andy and I worked on the aspect concerned with his eating. Each week we discussed a different aspect of his food lifestyle. We discussed portion sizes, food choices, reading labels.

We explored his eating habits, meal routines, and each week reflected on issues that had been easy and those which required a little more application. The plan was to be as practical as possible whilst allowing Andy to live, work, enjoy family life and his lifestyle changes to be accommodated within those aspects. Eating out with extended family for an anniversary should be a pleasure not a chore. He needed to learn about making choices. The first step was the hardest until he realised that it was not as arduous as he first supposed, the second time was easier. With any change to lifestyle, it is worth remembering that any journey begins with that first step. Soon it gets easier. No-one has ever climbed to the top of Mount Everest by climbing the last 100 yards. The journey always begins in the foothills.

Each week, Andy and I would discuss his progress at the gym. It was important for him to have a opportunity to reflect and analyse and allowed the reinforcement from me how well he was doing. We all like compliments and we all like validation, so recognition is important. The weighing scales gave their own compliments too.

	Week 1	Week 8
Weight	100.1kg	94.3kg
BMI	33.8kg/m ²	31.9kg/m ²
Body Fat mass	30.5kg	22.9kg
Body Fat %	30.5%	24.3%
Waist circumference	120 cm	116 cm
Hip circumference	118cm	110cm
Pulse rate	84 bpm	78 bpm
Blood Pressure	133/82	121/82

Andy's progress was positive. He noted the change in his stamina, his approach to life and how he now had more energy yet was able to achieve more with less effort, both physically and mentally. He noted that clothes which had been in the back of the wardrobe were having new lease of life.

A visit to the GP reflected its own story with an improvement in his diabetic blood levels and a reduction to his medication.

3 months on Andy continues to maintain his new lifestyle and the changes are being sustained.

PHYSICAL WELLBEING (Martin Copeland & Daniel Bowers)

Andy had not exercised for 5 years and was filled with trepidation and apprehension prior to his first visit.

His first task was to undergo a physical assessment to ascertain the range of movement in all of his joints and to find out if he had a muscle imbalance problem in the spine and pelvis. The physical assessment identified a decreased Range of movement in the left shoulder, shortening of the right hamstrings poor spine and pelvic control and weak lower abdominals due to a previous hernia repair.

Andy was started on a programme of specific exercises to correct the stiffness in the shoulder, lengthen the hamstrings and improve his trunk control. His lower abdominals were also strengthened on a very gradual basis due to his hernia repair. Flexibility and control achieved it was now ready to start in the gym!

Andy's first attempt at cardio-vascular work lasted for 7 minutes on Level1 of the arc trainer. This was a valiant effort considering he had not exercised for 5 years.

What then followed was a graduated programme of core stability exercises, upper and lower body strengthening, cardio-vascular training and plenty of encouragement. The key to success is not to progress too quickly and not to set targets that cannot be achieved.

Andy has shown a steely determination to succeed in changing his life. Not only does he look different, his positive attitude to exercise has also been restored.

I think he quietly enjoys his fitness sessions with the Academy now.

EMOTIONAL WELLBEING (Professor Anthony Schwartz)

This began with an initial discussion focusing on work life, family life and personal history. General lifestyle, family and working life was considered insofar as how these areas of life affect personal wellbeing. In particular on how lifestyle choices, pressures and demands impact on weight management. For example one may observe how a high-achieving individual with a degree of perfectionism, who strives to perform well and has great drive might land up giving so much time to work, that other areas of life land up being excluded. This is likely to impact on diet, exercise and sleep. In this case, A made it clear from the outset that he had developed a tendency to spend up to 90% of his time and energy on his career and business. Naturally this was very rewarding and personally satisfying; however this pattern resulted in leaving other areas of life with less attention. Specifically he was able to realise and recognise these patterns and the particular triggers which led to him engaging in behaviours which neglected his physical wellbeing (e.g. over long hours at the desk, snacking whilst finishing off projects late into the night, lack of regular exercise) and perhaps impacted on his mental and emotional happiness.

During our consultations he became more able to notice specific triggers (such as eating more when frustrated or feeling 'out of control'). He also recalled periods when stress at work resulted in poor self-care or little self-management regarding eating healthily, let alone making time to engage in active movement or exercise. Hence it was clear that his personality style and work demands interacted to reduce his ability to perform health-giving

activities. His perfectionism at work and determination led him to focus more on work tasks, and yet this determination and drive was ultimately the key to his huge motivation and enthusiasm to turn this unhealthy lifestyle around.

Over the period we met, we examined strategies based on Mindfulness and its applications (which we have written about previously). Using a Mindfulness approach means learning to focus on the present, and become more aware of the body's physical sensations as well as the emotional, mental triggers and thoughts. This approach also gives us a chance to look at our situation and our needs in a more compassionate way. It also provides a much needed 'mental space', to observe ourselves less judgementally or critically. A framework based on Mindfulness was offered to help him to "step back" from his current situation and notice the impact on health and wellbeing. A simple "notice – choose – act" aide memoire was central. Firstly to notice situations, blocks, triggers, sensations and behaviours. Then considering the possibility of making better decisions, which is about making thoughtful and deliberate choices. These may be based on having noticed non-ideal choices (e.g. eating the wrong sorts of foods, over-eating, snacking due to the frustration or stress triggers, or becoming aware of lack of alternative or healthier food options). The final step is about giving ourselves more of a sense of self-control and once we have decided on adopting a new behaviour to: 'just do it', and continue to engage in a different or healthier behaviour.

As you will gather, the 'emotional pillar' is given to thinking, considering and stepping out of the problem situation and developing a state of emotional equilibrium, a little detachment from the sources of frustration and a capacity for learning emotional regulation. What is meant by the term 'emotional regulation' is not reacting immediately or through automatic pilot. Instead it is to sensibly and calmly react to events and, for instance engage healthier lifestyle (and personal) choices. General psychological models are easily translated into everyday language in order to help regulate emotions and enhance self-management (and self-compassion). For instance we may look at the Stages of Change Model (Prochaska, DiClemente and Norcross, 1992) in order to take some of the self-judgement and self-recrimination out of the occasional 'blips' we have when trying out new things in life. Whilst not promoting the idea of 'two steps forward and one back', we can sometimes move forward only to suffer from a brief setback. Noticing that this is only a brief setback is important, otherwise our negative self-appraisal and self-criticism could result in us adopting negative attitudes and counter-productive internal dialogues. When we recognise that there is a normality to us and our reactions (i.e. that we can all suffer 'blips' when trying to change) we can learn from this process rather than adopt a defeatist attitude (e.g. Rather than say 'I can't do it', or 'I have failed' we learn to say to ourselves 'I am getting there' or 'Rome wasn't built in a day'). Learning to like or even love yourself by becoming less condemnatory or self-critical when talking about our journey with weight management is a key dimension. We begin to celebrate what we have done, and find contentment in what we can do to enhance our personal wellbeing.

In summary it is about linking up the emotional pillar with its focus on thinking and on noticing behaviours and changing patterns, with other practical strategies from the nutritional and physical pillars which makes the whole truly more than just a sum of the parts.

This Programme is undertaken by all the key members of the Academy4wellbeing EMINENT TEAM.

INITIAL HOME ASSESSMENT is FREE,

So NOTHING to LOSE but EVERYTHING to GAIN!

Please contact us so we can tailor a package to suit your needs and budget or join us at our Wellbeing BootCamps and small group training.