

Obesity: 123 and Time 4 Me

Summary

The 123 and Time 4 Me programmes combine nutritional advice with different types of exercise. They aim to support and maintain weight loss by using a motivational approach to encourage behaviour change. We run the classes in venues that are accessible to local people of all ages and abilities. The groups aims are also to increase participation in physical activity, support people to lose weight, signpost to partner organisations, and to link in with Change 4 Life campaign. The social element of Time 4 Me and 123 encourages people to attend regularly, improves motivation and increases mental as well as physical wellbeing. We also use the classes as an opportunity to improve awareness of the impact of alcohol on health.

- 92% of participants achieved weight loss
- 100% of participants said that they felt better for exercising, they felt generally fitter, more supple, and stronger in their day to day living
- On average 63% of people reported an improved sense of wellbeing, and felt less need to visit their GP

Our impact

We have worked with 145 clients so far this year at our 123 and Time 4 Me classes, the majority of whom have lost weight and increased fitness levels since joining the class. A number of participants have also reduced their smoking and alcohol consumption levels, and report an overall improvement in their sense of wellbeing.

The Time 4 Me classes have been modified so that they are now exercise only, with attendees who enjoyed the cooking element signposted on to specific cooking groups.

All 123 participants at Windhill reported weight loss by week 12 of the course.

The High Craggs class was dwindling in numbers and has been re-launched as a Zumba exercise class. Introducing Zumba has proved a real success, with a regular number of participants. We have now started a second class at another location in Shipley.

An additional course has been started up at Leylands Medical practice, for type 1 and 2 diabetics and their families. The course provides nutritional information and healthy cooking sessions along with exercise.

Comments from participants

“When I am aware of the amount of food I eat when preparing my families meal it is quite scary!!”

“Increasing the amount of water I drink during the day has made me less hungry!”

“I’ve lost ½ kilo - I’ve been the same weight for twenty years!!!”

“I enjoy meeting nice people and having a laugh while exercising as well”

“I love the group I’ve made great new friends .”