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Shape Up Case Study Template

Please use the following headings to describe how the Shape Up project successfully engaged with you and empowered you to achieve your results.

Name: Robin Parker

Age: 32

Course: Shape Up Hatfield

Why did you take part in Shape Up?

I have been overweight since I was a child and the subject of my weight has always a very sensitive subject with me. I have attempted to diet before but have found it incredibly difficult to stick to/sustain a diet or any weight loss.

In July 2020 my son was born. I chose to take part in Shape Up for him – I did not want to be the fat dad who couldn't run around and play for long without getting out of breath or tired or be embarrassing to him because of my size.

How did the coaching team & content help you to achieve your target?

Rhys and the team have been incredibly supportive. They have set the programme up to teach participants about lifestyle choices rather than dieting, meaning that I felt empowered to make my choices and could still enjoy 'treats' from time to time without feeling like I had failed.

Keeping a food diary has been incredibly useful as has being accountable for it. It was also good to receive annotations and comments on it to see where I was doing well and where I could do better.

The online presentations have been really useful. It reinforced ideas that I had and taught me new information about healthy living and nutrition. These have also aided me in knowing how to make better food choices for myself.

Rhys has also been very accessible via whatsapp and email so that any time I have had any problems or queries he has been on hand to help and advice.

What changes did you make for yourself?

I started to make sure that I was eating three meals a day (although I have found breakfast a struggle).

I have stopped ordering takeaways, something that had become habitual rather than pleasurable. I have tried to eat 2 portions of vegetables with dinner.

I have worked at, and become good at, portion control so that I do not go over my daily calorie allowance.

From doing no additional exercise in a day, I exercise regularly now. I am able to do at least ½ hour for five days a week and regularly do more than that. As I felt self-conscious about exercising in public I used my old wii-fit and used the boxing, jogging, stepping and hula-hooping activities. I am now walking daily for at least an hour.



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What has been the impact on you/your life?

The impact Shape Up has had on my life has been huge. I am happier in myself and have more energy and confidence.

Friends and family have noticed my weight loss and been very encouraging in their comments. I am able to wear clothes that I had long since given up on the idea of them ever fitting again. During the 12 week programme, I lost 10% of my body mass – something I am very proud of. I also feel confident and empowered to continue with the tools I need to succeed. I have set myself targets and I am working to achieve them.

If chosen, can we use your case study as part of our case to help gain future funding from shape up? Please tick one:

- Yes
- ~~Yes, Anonymously~~
- ~~No, I do not give consent~~

Signed: R. Parker