

Weight loss – 110 kilograms!

Sarah Watson, Support Worker

I weighed 230 kilograms when I joined Pathways three years ago. By choosing healthy options I've lost 110 kilograms and I feel great!

It was observing the weight gain of people using services and their battle to maintain a healthy lifestyle that made me realise to support people to live healthy lives I needed to change. I needed to be a role model. With Pathways' Healthy Lifestyles Programme I knew I could do it!

I got good support from Pathways to make healthy lifestyle changes. I started taking people using Pathways' services to the gym and supported them to participate in 'Green Prescription' activities such as walking and sports. During this time I got great support from Pathways to make my own healthy lifestyle changes. I look part in exercise and activities with people using services, joined the Tony Ferguson Diet Programme and with support, began choosing healthy food.

The vigorous physical activity, the healthy eating, my positive thinking and the support from Pathways saw me begin to loose weight. I'd lost 50 kilograms when I went to my GP for a check up. As I was still classed as obese the doctor offered me a chance to have a \$30,000 gastric banding operation for free through public funding. I accepted the opportunity and weighed 175 kilograms on the day of the operation.

Today I continue to make healthy lifestyle choices and now weigh 120 kilograms. My clothing size has gone from a 32 to 22. I am able to ride a bike with my children. My self esteem has improved. I am more positive about myself. I am working full time, as well as studying for a Diploma in Mental Health. I feel great!

I'd encourage anyone who is having weight problems or struggling with their weight loss journey to talk to their GP and get active in the community! For people using Pathways' services, the Healthy Lifestyles Programme is an amazing opportunity to get the support and resources you need to get healthy.

Remember, as much as you may feel negative at times, there's always a positive at the end of the tunnel.

