

# Renewed self esteem

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Troy Wright is on the road to good health with the support of Pathways' Healthy Lifestyle programme.

My heart feels more relaxed. I can breathe better. I feel a lot more comfortable and confident, and my self esteem has really improved. Six months ago I weighed 163 kilograms now (as of 05/02/2009) I weigh 127 kilograms. I've lost 36 kilograms!

I used to eat a lot but now I eat small meals. I keep myself busy by participating in all of the available opportunities. I've been attending weekly sports activities organised by the Pathways' Healthy Lifestyle Team, walking around the block near my home for half an hour three times a day and going cycling on sunny days.

I have realised that healthy food must come before cigarettes, I'm slowly cutting down on smoking and will eventually quit. I also plan to get rid off my extra weight by increasing my walking pace.

I'm also now thinking about a job. I worked at Hamlin Road Farm for about a year and learnt a lot. With my renewed self esteem I'm thinking of working in the community. I have been looking at job advertisements in the newspaper and am considering doing a computer course in Manukau.

I would like to thank Pathways for supporting me to improve my health and for helping me to settle in the community.

