

CASE STUDY

Health Coaching Participant



Name:
Joshua

Location:
Manchester

How did you hear about the Maximus Health Coaching service?



I was referred via the Job Centre to the Working Well Early Help Programme who then put me in contact with the Health Coaching Programme.

What made you decide to take part in the Health Coaching service?



I have struggled with my weight and eating habits for the majority of my life. I saw health coaching as an opportunity to get much needed, professional advice that helped me have a healthier relationship with food.

What impact has Health Coaching had on you?



Health Coaching has drastically changed the way I view food and has helped improve my eating habits. Health Coaching has helped me understand the relationship between both physical and mental health.

Food tended to be much more than food to me, i used it as a coping mechanism, health coaching has helped shift my perspective and has changed how i view food and my eating habits. Health Coaching has helped me to identify triggers that may cause me to overeat or binge. Health coaching has taught me not to demonize food or chastise myself if I fall off 'plan' there isn't a right or wrong way because each health journey is unique to each person.

Health coaching has also taught me that the little steps matter, I don't need to immediately jump in at the deep end and restrict all the foods I love, all I need to do is incorporate bit by bit healthier eating habits into my daily diet. That also includes physical exercise, somedays the most I feel like doing is taking a walk up and down the street a few times, and that in itself is a victory that I can be proud of.

Health coaching has genuinely given me a new look towards my diet and physical health and by being intuitive to what my body needs or wants at that time.

How would you describe Health Coaching to someone thinking of signing up?



I would describe health coaching as a gentle push that helps you to get started, they don't tell you to adhere to ridiculously restrictive food plans or workout regimes, they offer alternatives or suggestions you can make, they don't tell you what you need to do because every person is on a different journey. They simply help you discover what works best for you. Health coaching is all about **learning to listen to what your body wants** and/or needs, what your habits are as well as triggers when it comes to food.

What's your ultimate goal?



My ultimate goal is to be able to have a much healthier relationship with food both physically and mentally. I would like to be able to lose weight without sacrificing the food that i enjoy and not punishing myself if i slip up along my journey because inevitably this has a negative effect on my mental health, which then in turn causes me to binge eat and repeat the cycle.

What have you achieved so far?



What I have achieved so far with the help of health coaching is to enjoy eating healthier, it doesn't have to be repetitive or boring, having a variety of food helps to keep it interesting and encourages me to eat healthier. I have drastically increased my physical activity, even if what I did wasn't a huge amount, I still see it as a success and have learnt to not beat myself up so much. I have been able to identify my behavioral triggers when it comes to food and I am now able to notice certain moods that cause me to overeat when sometimes it may not be necessary.

The most important thing I have achieved with health coaching is that everyday the little changes I make have a big impact overall, my physical health has already improved, my relationship with food is better than it has been for years and the most important lesson is that, even when I make a mistake or slip up its ok to acknowledge that and simply move past it, I don't need to agonize or beat myself up about it. **I don't have to be perfect, simply being ok is good enough.**

