

Meet Karen

Health coaching participant

Karen is a student nurse and joined NURSING YOU 12 weeks ago.



Participant Profile

Name: Karen

Role: Student Nurse, due to qualify Dec 2020

Location: Buckinghamshire

Age: 53 years

Total weight loss: 6lbs

Inch loss: 7 inches

Wellbeing score: 17.4% improvement

How did you hear about NURSING YOU?

“ I came across NURSING YOU when I was encouraging someone doing the Couch to 5K (C25K) running programme on Twitter.”

What made you decide to take part in NURSING YOU?

“ I have struggled with my weight since my teens and tried so many different diets. I would lose weight but then pile it back on. I needed something that would help me understand about the choices I make. Diets do not work. Lifestyle changes do. I am a Student Nurse, and I want to be a good role model to patients when I enter the profession.”

What do you like most about Health Coaching?

“ I honestly didn't know what to expect at the beginning but Health Coaching for me has been a game changer. The Health Coach is a great listener and really helps you to unlock strengths that you didn't realise you had. The whole process has made me realise that I am so much more resilient than I thought I was. Health Coaching is not just about weight, it helps you improve other areas of your life too.”

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

“ I'm not exaggerating when I say it has really changed my life. It has changed the way I think about myself, about food and my own personal health and wellbeing. I now have the resources and confidence to put myself first.”

What's your ultimate goal?

“ I have always had an unhealthy relationship with food and as a result have struggled with my weight. My ultimate goal is to change how I think about food and to feel more in control of my own health and wellbeing.”

What have you achieved so far?

“ Importantly for me, I have reduced my BMI considerably. I am well on the way to achieving a key goal, which is to move from obese to overweight. I can now fit into clothes that I haven't been able to wear for years. More importantly I feel that I have a much better understanding of how to manage my weight.”

With your end goal in mind, where do think you'll be this time next year?

“ This time next year I hope to be a healthy weight. I want to be in a position where I feel much fitter and healthier, so I can manage the demands of being a Registered Nurse once I qualify and secure my first position.”