

# Healthy Habits Case Study

## About the person

Susan is aged 68 and lives with her partner in North Shields. Susan is fairly new to the area but does have a son who lives locally.

## What was the situation?

When Susan self-referred to Healthy Habits she was interested in meeting new people but was also interested in the healthy eating and exercise side of the programme. She has always enjoyed walking and swimming and was keen to get back in to those activities.

## What did Age UK North Tyneside do to make a difference?

As well as joining Healthy Habits, Susan was directed to the strength and balance classes provided by Age UK North Tyneside and she also received a 'Get Up and Go' exercise booklet to do at home as well as the 'How Fit' DVD which Susan has enjoyed and has continued to use throughout lockdown.

She has said that she felt fitter from the exercise but unfortunately contracted COVID-19, which set her back. She has recovered from COVID-19 and Tom has advised her to steadily ease back and not push exercise to hard just to be on the safe side until she is definitely 100% better and cleared by the doctor.

In her one to one sessions with our Healthy Habits Coordinator, she has been provided with diet related advice to help with weight management as well as advice and guidance in general.

Susan engages in fortnightly one to one sessions to address her personal health goals as well as weekly cohort sessions which has provided support and social contact through lockdown as well as educational sessions such as cookery demonstrations.

## What outcomes were achieved?

Susan has been motivated and engaged throughout her time on the programme, taking part in strength and balance classes, Q fit and carrying out exercise at home which have increased her fitness.

She also took up swimming again before going back in to lockdown in November.

Susan has regularly attended the cooking sessions and fed back that she has tried and successfully cooked several of the recipes and that they have added to her repertoire.

The programme also involves intergenerational sessions with the YMCA. Although this part of the programme has only just opened up, Susan has agreed to take part and is designing questions for our upcoming quiz, even finding out information from her son about gaming to make the questions teenage friendly.

## Feedback from the customer

"One-to-one and group support with Healthy Habits has helped me make positive changes to my diet, health and exercise as I get older and I'm looking forward to social interaction in group settings when circumstances allow."