

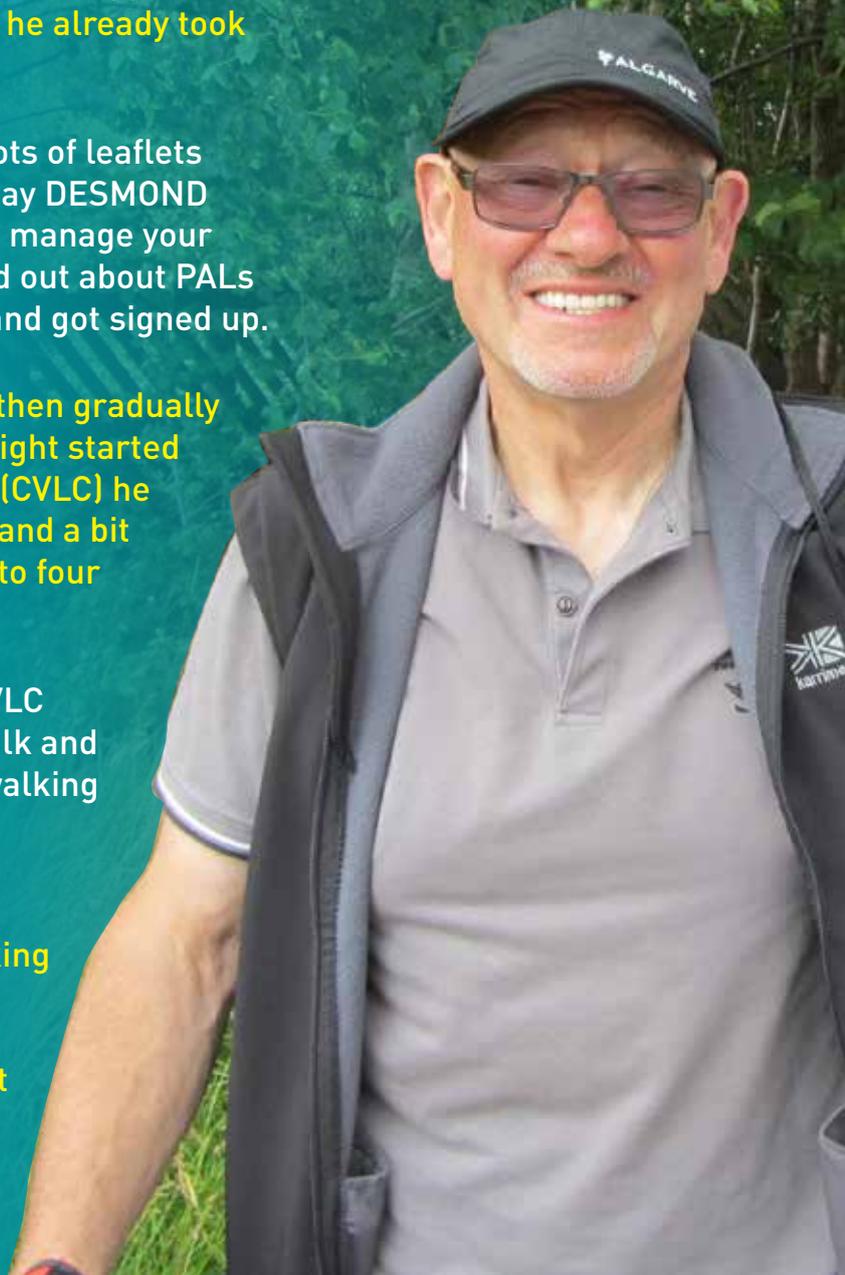
# Walking your way to health

## A Case Study



**Rod Whitham:** 69 year old man living in Milnsbrige

-  In September 2013 Rod went for his annual MOT at his GP surgery to discover that in a year he had developed Type 2 Diabetes. He was shocked at this and at 16 stone he realised it was time to change his lifestyle. His main goal was to lose weight, by changing his diet and increasing his activity levels. He was unhappy that he now had to take more medication as he already took blood pressure tablets.
-  His GP was very helpful and gave him lots of leaflets on what to eat and put him on the one day DESMOND course which goes into detail on how to manage your diabetes. Whilst on this course he found out about PALs the local GP exercise referral scheme and got signed up.
-  He started off by changing his diet and then gradually started to work on his fitness as the weight started to drop. At Colne Valley Leisure Centre (CVLC) he started with one exercise class a week and a bit of badminton and gradually worked up to four classes a week.
-  Colin a Physical Activity Motivator at CVLC invited him to join the weekly health walk and so Rod went along and added regular walking to his expanding list.
-  As part of the PALs anniversary celebrations he had a go at Nordic walking and enjoyed it. So when a new weekly session started up in Marsden in April 2015 he became a regular. He enjoyed it so much he bought his own poles and started going to the Holmfirth group too.



Sport & Physical Activity  
**Development Team**

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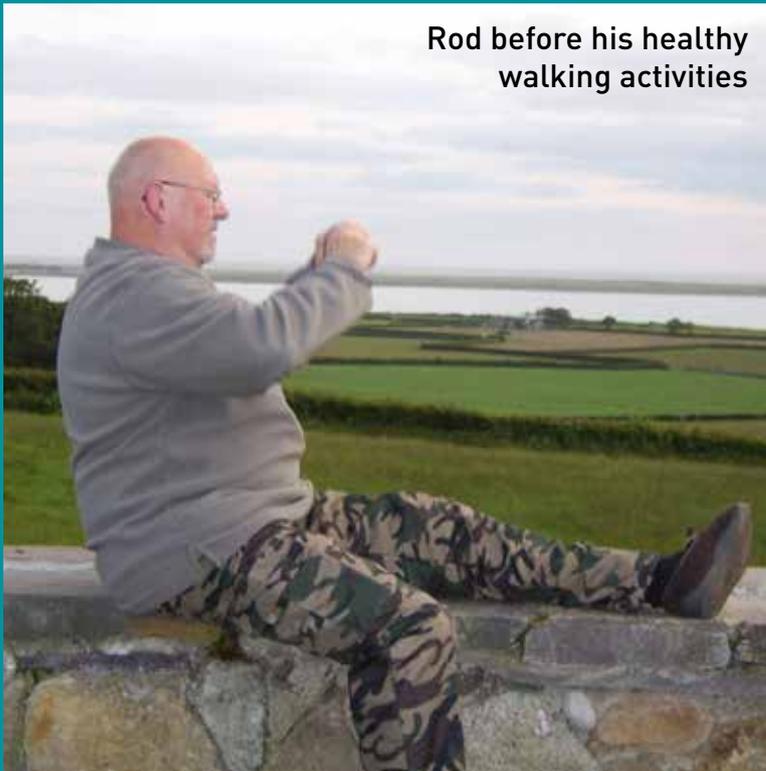
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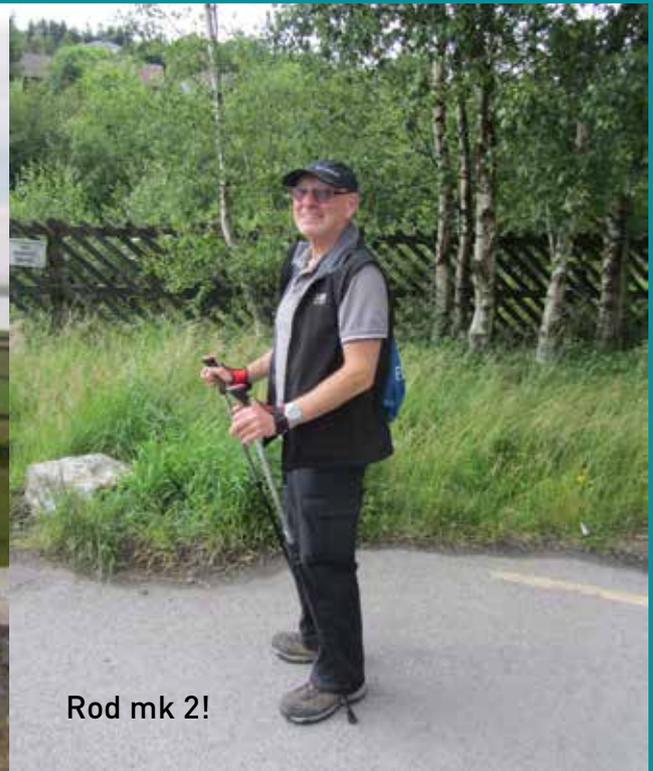
Rod's story continued...

-  In June he qualified as a walk leader and early next year is planning to do his Nordic Leader's training.
-  To date Rod has lost 5 ½ stone and now weighs a trim 10 ½ stone.
-  His weekly activity consists of 2 x Nordic walks (1 ½ hrs per session) 1 x health walk, 2 x exercise classes at CVLC and goes in the gym at least 1 x per week.
-  His Diabetes is well controlled and his BP and Cholesterol are now both normal.

Rod before his healthy walking activities



Rod mk 2!



### Rod says:

"I feel fitter now at 69 than when I was 59"

"Way back in 2013 I would get out of breath crossing the road and felt tired all the time now I feel energised."

"All the way through I just felt better and fitter and I never thought I would be walking