



MAKING EVERY CONTACT COUNT (MECC)

Nick is 39, has 3 children and lives in town with his partner. He weighed himself 8 months ago and realised his BMI was 31 which shocked him. Since then he has made some small changes to his diet, taking his own lunch in to work, only having sweet treats on Fridays and has started refereeing for the local football club. He has lost 2 stone in weight and feeling great for it. He feels like he has a new routine and sense of life and the children are now more active too as he referees their fun football games in the park too.