



MAKING EVERY CONTACT COUNT (MECC)

Sati has a young family with 2 children. He is 32 years old and has found that he has started to put on weight as he is eating more takeaways and ready meals. He wasn't very good at sport when he was younger so has never really enjoyed physical activity. He feels that he wants to get a bit fitter to play with the children but doesn't know where to start or what to do. He is really motivated and there is a leisure centre near by. He has booked an appointment to see a health advisor.