




# Sylvia's Story

Sometimes we don't see results from the changes we are making right away. This can be true when it comes to health and weight as well. Consider if the changes you are making or plan to make can be maintained over the course of your lifetime. How can you pace yourself and persist in your efforts over time to accomplish your goals? The following story is an example of someone on their weight management journey.

Journey can mean different things to different people. In this learning module we use journey to refer to the path you are on to improving your health and not an end point or destination.

**What strengths do you see in Sylvia's life?**

**What do you think might be getting in the way of her health or weight management and could be an opportunity for change?**

Having trouble coming up with ideas? Hover over the lightbulb  icon to see some ideas – keep in mind that some of these might work and others might not. There are some questions to consider, some have proposed answers to think about and there are some examples of strengths and opportunities for change.





## **In the morning,**

I'm usually really busy getting ready for work and making breakfast for everyone. Sometimes I don't have time to eat myself. Everything feels rushed with 100 interruptions from my kids.

**If** the weather is good, I like to walk  
the kids to school to get some  
fresh air and exercise.



# I work as

an administrative assistant. My job is busy and can be stressful. My co-workers are a great group of people. On casual Fridays I like to show up in a wild or fun outfit just to get a laugh.





**I don't like** to work out  
at the gym but I love to walk on my lunch  
break. I find that my knees get sore if I walk  
too long and I also avoid the stairs.





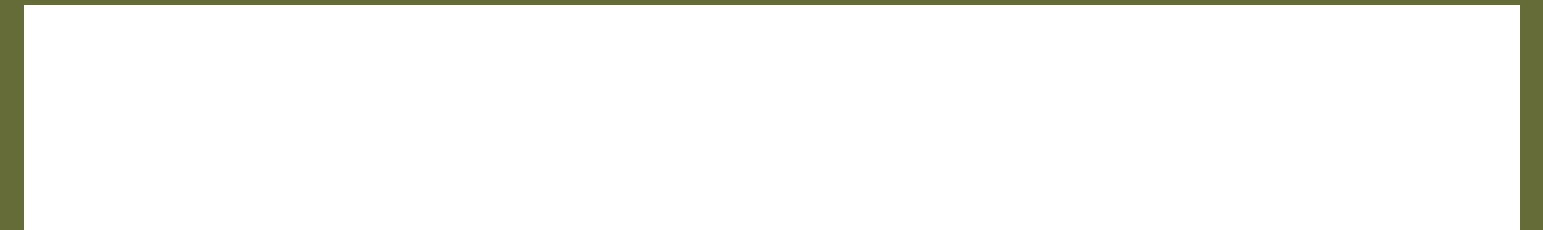
**I like to** go to the mall with my daughter on Saturdays. We sit and have a pop or eat together at the food court. I know this isn't the healthiest choice but it's a special time for just the two of us.





# My kids swim

and do art classes twice a week. I noticed that there is a yoga class at the same centre.







**I know my** weight is affecting my health. I worry that if I don't lose weight I won't be able to keep up with my kids. I have tried different diets in the past. I would lose some weight at first, but over time the weight would come back.





**By the end** of the day I feel like my energy has run out. I feel like I have been doing everything for everyone else so I like to take some “me time”. I might catch up on reading, have a cup of tea or listen to some jazz music while I’m curled up on the couch.



# I want to

make some changes to my lifestyle but I don't know how. It has never seemed to work in the past.





# **My family is**

so important to me. I want to be around for a long time to see them grow up and do fun things with them.