



With high cholesterol and at risk of developing Type 2 diabetes, Mo decided it was time to change.

“I’ve experienced an overwhelming shift in both body and mind”

I first embarked on my journey of self-discovery back in September 2018. At the time, I had no idea of the profound impact that joining WW would have on me, particularly the mental and physical transformation. It’s definitely changed my life for the better.

notions as we make positive strides to improve ourselves as individuals and in society.

Men are not often associated with programmes such as WW, but there are lots of us who have found success on the programme.

Find out if you’re at risk for Type 2 diabetes here: <http://www.ww.com/uk/diabetes-risk-assessment>

“WW gives you the tools and knowledge to commit”

The WW programme offers you so much - it’s flexible and can be tailored to fit anyone’s lifestyle. And I mean literally anyone! It’s simple to follow and has an easy-to-use app, not to mention the amazing Coaches. You learn to do things your way and at your own pace whether it be yoga, running, walking or meditation for your mental wellbeing. You can absolutely find what you’re looking for on the WW app.

Follow Mo and his partner Andri’s journey here! https://www.instagram.com/ww_losinglbs_together/

“I will continue to strive for more than just weight loss”

At the heart of any success is commitment, and you have to be committed to building the best version of yourself. My journey with WW doesn’t end here. But yours can start here! What are you waiting for?



Prior to joining WW, I thought life was great: I had the best family & friends, a supportive partner and a great job. I was relatively active and didn’t actually realise I was missing anything.

“Before joining WW, I was at risk of developing Type 2 diabetes”

However, after attending a regular medical appointment, I was shocked by my results: high blood pressure, high cholesterol and an alarming BMI reading meant I was at risk of developing Type 2 diabetes due to my weight and lifestyle.



Since losing weight with WW and living a healthier lifestyle, I’ve experienced an overwhelmingly positive shift, and my confidence has soared. I’ve lost more than 5st since starting my journey, and have significantly reduced my exposure to weight-related health risks.

Before joining WW, I fitted the typical stereotype that men mustn’t talk openly about wellbeing or issues such as weight and body image. Luckily, I’m part of a generation that is now challenging these



How does your risk of Type 2 diabetes measure up?

Your age, family history, ethnicity and weight can all put you at risk of getting Type 2 diabetes. Your local Healthier You service delivered for free (by WW) may be able to help you. Here you’ll get all the support you need to make positive lifestyle changes and lower your risk.



Are you at risk? Check for free by scanning the QR code or at:
www.com/uk/diabetes-risk-assessment



TYPE 2 DIABETES
KNOW YOUR RISK