

Chester-le-Street Leisure Centre aim to #belikeshoun

Employer: Chester-le-Street Leisure Centre

Area: Durham

Theme: Physical Activity



Chester-le-Street leisure centre is currently working towards the Better Health at Work Gold Award. After completing the Silver Award in 2017 the goal for 2018 was to continue to improve the health and wellbeing of our employees and the wider community.

At the start of 2018 we set out to improve the health and wellbeing of our team through running 5 health campaigns which were; mental health, sexual health, physical activity, health eating and cancer.

These campaigns have had a big impact on our team. We have improved team morale through exercising, eating healthy and completing a climb Hellvellyn.



The team has benefitted as a whole from the Better Health at Work Award.



However the biggest impact has been to team member Shaun Walker (above).



At the end of 2017 Shaun was 22lbs overweight and a smoker. After being horrified by his lifestyle choices he decided to make a change for the better.

He signed up with the stop smoking service provided in work time by a colleague and health trainer. Shaun smoked his last cigarette on November the 1st 2017 and has now been smoke free for 9 months and counting.

Shaun started to eat healthier and exercise regularly taking advantage of the guidance provided as part of our healthy eating campaign. And has taken part in staff exercise classes and used the pool to swim at break time. Over the past 6 months Shaun has lost 22lbs and is now a healthy weight with a BMI of 24.9.



Even other staff have noticed the difference and become inspired by his improvement Lauren said **“He used to eat chocolate all the time, now he eats fruit. His behaviour has changed so much, I could watch him all day, and his skin is glowing.”**

We asked Shaun the secret to his success, Shaun replied **“Your two most valuable assets are your mind and your time.**



Shaun took on his biggest challenge in August 2018 when he decided to enter the Castles Challenge Triathlon in Bamburgh, along with another staff member and two members of the Gym at Chester Le Street. The race consists of a 750m swim in the North Sea, a 20k bike ride and a 5k run.

Shaun completed the race on the 19th August on a cold rainy day in Northumberland. He achieved a time of 1 hour 41 minutes and 34 seconds, beating his target time of 1 hour 50 minutes. He is now planning more triathlons for next year.



During training Shaun took part in the morning run club at the leisure centre, swam in the pool and purchased a bike through the Bike to Work scheme.

As a result of Shaun’s success we will make the physical activity campaign sustainable for the future. **#belikeshاون**

