

Week two

So, this was 'quiz' week and fitness/sports/activity photography week, which saw the company competing in a quiz (which I was pipped to second place!) and sending in shots of activities. My running featured fairly extensively. Two pounds lost this week.

Week three

Week three involved a visit from Cobalt Exchange Gym (CBX), who brought a discounted membership for all DXC employees, a nutrition stall with recipes and samples, a brief on healthy eating and a pilates class, which tested my flexibility. In addition, the team secured 12 week long CBX passes, which I made good use of. Another two pounds lost this week!

Week four

This saw the culmination of my case study and the health week; all photographs were judged, winners announced, and prizes given, with me losing a further 1.5 pounds.

My statistics as below;

Total weight lost - 9 pounds

Total numbers of days at the gym - 12

Total number of runs - 14

Total number of health recipes made - 17

Summary

All in all, a great opportunity and experience offered! The month allowed me to build up my weight loss/healthy eating week by week, with incentives, discounts and perks for all those who took part. Ultimately however, it took some will power to achieve what I did, aided by what the team put on for us. I feel like I have achieved a huge amount, and I have not 'fallen off the wagon'! This month has truly motivated me to lead a new and healthy lifestyle. I'd like to thank the team for all their work, in particular the behind the scenes work.

