



Stephen's You+ Journey

Employer: Everyone Active

Area: YOU+

Theme: Other: (Please specify)



Case Study: Stephen's YOU+ Journey
Name: Stephen – General Manager
Programme: YOU+ Colleague Wellbeing Assessment

Background

Stephen, a General Manager at Everyone Active, began his YOU+ journey with a chronological age of 66 and a biological age of 54. He was shocked by the results, recognising that he had allowed his health and wellbeing to lapse.

He had stopped walking and engaging in physical activity.
He had started playing darts frequently, an activity linked to high alcohol consumption.
The initial YOU+ assessment acted as a wake-up call and a powerful motivator for change.

Interventions

Stephen engaged in a series of three YOU+ consultations, which provided:

Personalised assessments across the six pillars of wellbeing.
Tailored recommendations to improve physical activity, nutrition, and lifestyle habits.
Ongoing support and guidance from a qualified YOU+ practitioner.

Results

Since starting the YOU+ programme, Steve has achieved significant improvements:

Biological age reduced from 66 to 56, approaching his chronological age.
Alcohol consumption decreased while maintaining social activities like darts.
Physical activity resumed: Stephen is walking regularly and participating in a weekly strength training session.
Wellbeing awareness shared: He is now actively encouraging his team to engage in their own YOU+ journeys.
Ongoing goals: Steve is working towards weight loss and increasing activity through diverse exercises.



Impact

Stephen's journey demonstrates the effectiveness of YOU+ in motivating colleagues to improve health and wellbeing.

His progress has inspired colleagues at his site to make positive changes in their own lifestyles.

The case study highlights how personalised wellbeing programmes can drive behaviour change and improve both physical and mental health.

Stephen's wellbeing score has increased from 40/100 to 81/100.

Stephen was featured on the front page of the YOU+ newsletter. See criterion 1 evidence.

""I knew I had let things slip but I'm shocked at my YOU+ / EA age.""

Stephen is very involved in the Colleague Badminton League, which has invigorated his enthusiasm for physical activity. He is always keen to participate in team activities, often performing strongly in events such as bowling and padel. As a former squash enthusiast, badminton has provided him with a gentler reintroduction to racquet sports, helping him stay active while enjoying friendly competition with colleagues.

""Colleague badminton helps me stay on track with activity and not fall into bad habits.""

""I want to be a positive role model to my team and inspire others to make changes to their health and wellbeing.""

""I'm feeling more energised and focused""

"Stephen was featured on the front page of Everyone Active's You+ Newsletter which is a national newsletter "I'm now on my third cycle of my YOU+ journey and have reduced my YOU+ age from 66 to 56 in that time - I'm 54 so there's still some work to do. "My latest challenge has been to improve my sleep pattern. I rarely managed more than six hours sleep a night, which left me feeling tired and lethargic in the late afternoon. I would also wake up several times throughout the night. "To improve this, I've implemented a few small changes which have made a real difference. I'm a big coffee drinker but now I don't drink coffee after 2pm! I have made a big





effort to go to bed earlier Monday to Thursday and on Sunday nights. I no longer spend an hour on my phone before bed! I tend not to eat after 8pm, which I feel has also helped me fall asleep more easily. "Small changes have had a big impact! I no longer feel lethargic during the day and wake up fresh most mornings, having not woken during the night. I generally feel much better in myself." "

