

Michael has an inspirational drive to lose weight!

Employer: Stagecoach

Area: South Tyneside

Theme: Weight Loss



Michael Allen joined the team at Stagecoach NE based in South Shields in 2010 as a Bus Driver and became the company's Post-Test Trainer a few years later. In this position, he works with new recruits to ensure that they are conversant with the company's policies and procedures before going out on the road. He also delivers ongoing CPC training for the drivers and admits that he made the most of the lunches that were provided as part of the course!

Michael was aware that one of his colleagues, Kenny Brown, had been nominated by his colleagues for a Stagecoach Champion Award after his weight loss journey made him 6 stones lighter. Kenny won the Bronze Award for Health Champion in the national award ceremony and Michael was then inspired to take matters into his own hands.



Michael joined **Slimming World in September 2017** with a weight of **15 stone 9lbs** and a **BMI of 29**; he felt constantly tired and his energy levels were very low.

At first, he was a bit apprehensive because he loves eating and any regime where he had to watch what he eats, would be tough on him. After a while he realised it's a lot easier to stick to the Plan than he thought because Slimming World is not a Diet, it is a **lifestyle change**.

Since starting the Plan, Michael reached his weight loss target by **losing 3 stone 2lbs**; his **BMI is now 23.3** which is well within the limits as being healthy and overall, he feels more energetic. Even though he reached his target, Michael continues his routine; apart from going for long walks with Ollie, his Jack Russell, Michael swims 3 times a week, runs for fun and hopes to complete the Great North Run in the near future.



Michael says:

"I would say to anyone who is reading this or even thinking of doing something about their lives and lifestyle, just do it. I never thought in a million years I would be where I am now. I still love my food, just different foods and flavours than I was eating in the past.

Basically, all this happened after reading someone else's story, so if I can inspire just one person like Kenny's story inspired me, then I would feel great all over again and happy that I have played part in helping someone make themselves more healthy."

