

Mrs C is a 70 year old lady who suffers with COPD and anxiety.

Due to her condition and not being able to exercise as much as she would like, Mrs C has put on weight.

Quote from Mrs C:

I volunteered to take part in the pilot as I hoped to improve my exercise level and to lose a bit of weight.

I find the equipment very easy to use and I enjoy entering my weight and the distance walked each week through my television set. I was provided with a set of scales and a pedometer to use at the start of the project.

I am pleased to say since starting, I have managed to lose several pounds and I walk further round the supermarket to increase the steps walked on my pedometer.

When I enter the symptoms on my TV, if I am feeling anxious I do something about it, such as visiting a friend for a coffee.

I have also started to attend two Breathe Easy groups in my town in order to help my breathing.

I would recommend the Physiodom system to anyone who has breathing difficulties or wishes to lose a bit of weight.

Mrs W is a 68 year old lady who used to work as a physiotherapist, but since retiring and looking after her poorly husband, has gained weight which she would like to lose.

Quote from Mrs W:

When I heard about the Physiodom pilot I was keen to join the scheme. I have been busy looking after ill relatives and not able to exercise like I used to and thought it would give me the incentive to lose a few pounds.

A gentleman from the pilot came to install the equipment for me and showed me how it worked, entering my weight via the Bluetooth connected scales each week which then automatically calculated my BMI and body fat.

I was given a pedometer to measure the steps I walked each day and I received messages via my TV advising me of local exercise classes which were taking place in my area.

Initially I forgot how to use the equipment, but was given support from the team to ensure I was confident using the physiodom system.

I live at the top of a hill and usually drive to the shops at the bottom, since taking part in the pilot I have made efforts to walk there and back and feel much better for it.

I have also received nutritional advice and exercise advice via plans sent to my television.

I enjoy using the system and would recommend it to anyone interested in monitoring their health.