

CASE STUDIES

# OUR HBF STORIES

# Hi, I'm Annette Bennett

Mum of four grown children and working full time



1

BEFORE THE PROGRAM

*Six months ago* I had a very bad shock that worried me sick so I went to the Doc.

- Annette was reasonably active prior to the program but had some bad habits
- She enjoyed dancing at home and taking her dog to the park but also loved chocolate
- A health scare prompted her to improve her lifestyle

## Setting goals

- Improve metabolism
- Lose weight
- Get active for fun and recreation

2

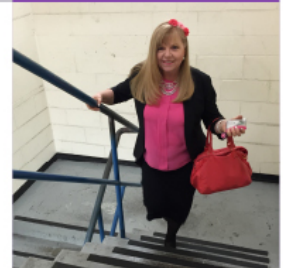
DURING THE PROGRAM

Once I had some energy a miracle happened to me, I no longer craved for my best friend *Cadbury*.

- Annette established habits that enabled her to stick to her goals
- She planned ahead and exercised in the comfort of her home
- She found ways to incorporate exercise into her busy lifestyle



Annette climbed seven flights of stairs to her office each morning



**“It was hard at first but I just kept persisting, and soon ran out of clothes that I was able to fit in.”**

### 3

#### AFTER THE PROGRAM

So this is my journey only as we all have our own, and support is so important so *we don't feel alone*.

- Annette's health improved significantly
- She lost over 25kgs and went from a size 22 to a size 12
- She was able to reverse her high blood pressure, borderline diabetes and sleep apnoea

**“I'm so appreciative of the calls I received, and the extra hand written card was just lovely.”**



Annette noticed fantastic physical results



Annette is really proud of how hard she has worked



Friends and colleagues commented on Annette's new-found confidence



**“I am so happy that I'm feeling so healthy and have heaps of Zeff, cos I have the best friends here at a great company called HBF”**

# Hi, I'm Phillip Willis, 48

FIFO worker and father to six



1

BEFORE THE PROGRAM

Phillip *worried about the health of his teenage daughters.*

- Phillip was active while he worked away in the mines and jogged regularly when home
- He enjoyed cycling and visiting the park with his younger children but was interested in exploring group activities where he could meet new adults
- His teenage daughters didn't enjoy activity and Phillip worried about their health and 'expanding waistlines'

## Setting goals

- Find a group activity to meet new adults
- Motivate daughters to improve their health

2

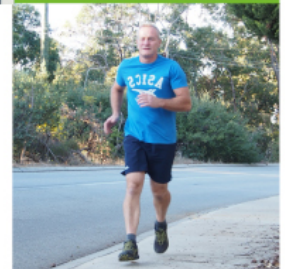
DURING THE PROGRAM



Phillip found the coaching calls to be the catalyst that put his family into motion

Phillip *didn't think he needed a program like this.*

- Phillip thought the program was just another thing being 'sold' to him
- After sharing the resources with his family he noticed a big change in his daughters
- His two daughters used the discounts from the program to join the gym
- Phillip shifted from using the program to motivate his daughters to really getting stuck into it himself



**“I had a daughter who was really overweight and hated exercise and now she's so into it, she's just so active.”**

### 3

#### AFTER THE PROGRAM

Phillip is *extremely grateful to HBF* for their support and the change they helped him and his family make.

- Phillip's 18 year old daughter lost over 35kgs through the program and is feeling great
- Phillip found that the program helped him manage his stress levels through daily workouts
- The HBF fitness sessions helped him become more outgoing and social and he met new people in his local area.



The Willis family meet regularly to hike and cycle with their new friends



The family attended the HBF fitness sessions where they made lifelong friends



“One of the best things for me is the time we are spending together, bonding.”



The family love being active together

“It’s an awesome program, it’s got us into exercise, got us active, and we benefited in a lot of ways”

# Hi, I'm Dorothy Nannup

Grandmother and on stress leave



1

BEFORE THE PROGRAM

PTSD has held Dorothy back in her life and **she was keen to get active** for the mental health benefits that it would bring.

- Dorothy suffered from post traumatic stress disorder after being involved in a car accident
- She was extremely keen to return to her job as a teacher
- Dorothy felt that establishing a routine would help her manage her return to work

## Setting goals

- Introduce daily activity that will fit around work hours
- Return to work

2

DURING THE PROGRAM

From refusing a free gym membership, to the confidence to jump at the **opportunity!**

- Dorothy's confidence and enthusiasm grew a great deal during the program
- She enjoyed yoga, swimming and walking twice a day
- Her blood pressure lowered
- She gained the confidence to try out a gym

**“I have gone from thinking I'd never recover to not wanting to work out with my friend for fear she won't be able to keep up with me!”**



Dorothy is currently swimming with her grandchild once a week



### 3

#### AFTER THE PROGRAM

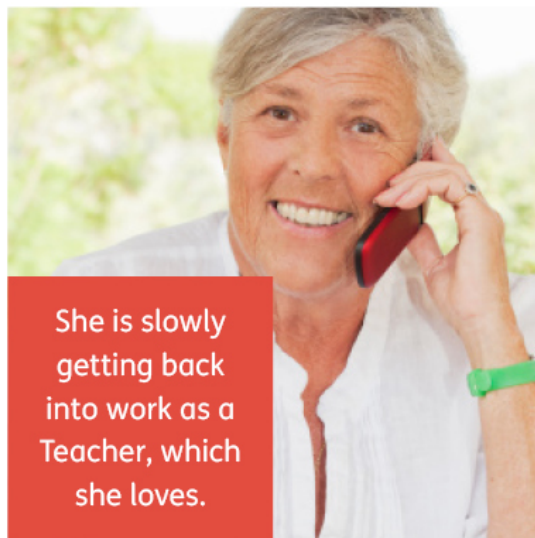
Recovery is long and slow but **results will come**

- Dorothy is slowly getting back into work and is feeling great about it
- She understands that recovery is a long and slow process but her results are giving her the motivation to keep going

**“I’m so thankful for the coaching calls which helped me manage my anxiety and keep me motivated.”**



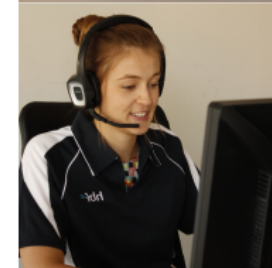
Dorothy developed the confidence to try out the gym



She is slowly getting back into work as a Teacher, which she loves.



Dorothy found the fridge planner a helpful reminder to do yoga at night



**“I never understood this disease, and many people around me don’t, but I am learning to live with it and take the steps I need to get better”.**

# Hi, I'm Jae Park Age 35



1

BEFORE THE PROGRAM

I tried to exercise in the past *but kept quitting.*

- Jae was experiencing a lot of stress in his life due to family issues
- He found that the more he stayed at home, the more negative he became
- He enjoyed playing badminton but whenever he tried out new activities he would always quit them
- Jae was lacking motivation

## Setting goals

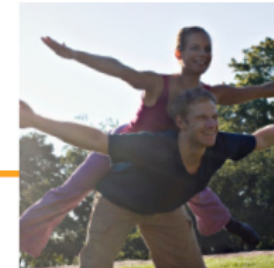
- Reduce stress levels
- Meet new people
- Find new activities near home

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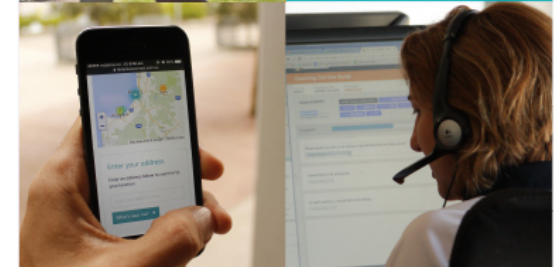
DURING THE PROGRAM

I started thinking *more positively, clearly and became more active.*

- The calls provided Jae with great advice on new things he could try and reminded him to keep active
- He searched for new activities through the HBF map tool and shared ideas with his friends
- He found that by increasing his activity levels he reduced his stress and became a lot more social



Jae really enjoyed receiving the motivational calls from the Active Connect team





### 3

#### AFTER THE PROGRAM

This program has had a *huge impact* on my life.

- Jae is feeling a lot happier and is proud of the efforts he made during the program
- He is happy to have made new friends and has been encouraging his existing friends to get active with him
- He has recruited one of his friends to play Badminton with him each week

Jae joined a second Badminton club and has met new people as a result



“With every hit of the shuttlecock, all my stress flies away”

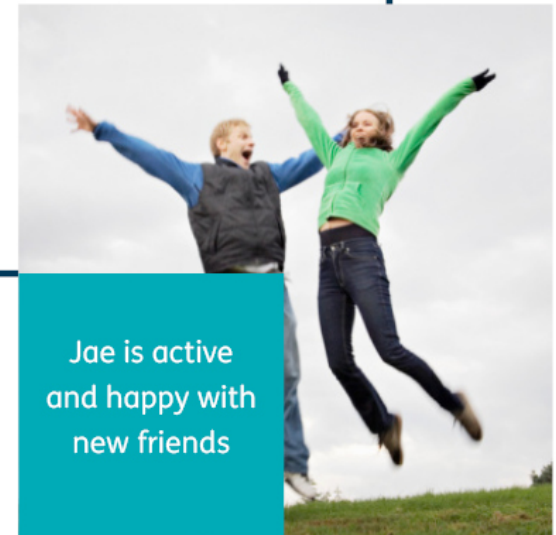


Jae has rewarded himself with the purchase of a new sports bag and badminton racquet

He is now pursuing new interests including playing croquet in the park



“I am really happy now, and proud of myself”



Jae is active and happy with new friends

# Hi, I'm Jennifer Jaeger Age 33



1

BEFORE THE PROGRAM

Jennifer was really looking forward to **having the support** to maintain a new healthy lifestyle plan.

## Setting goals

- Greatly increase activity levels
- Lose weight
- Overcome health barriers

- Jennifer was put on a healthy lifestyle program by her doctor and dietician
- She had lost 7kg in four months through the program
- She had a great support system in her family and friends but was really looking forward to receiving extra calls of support from her Active Connect coach

2

DURING THE PROGRAM

Jennifer **rewarded herself** for all her hard work with lavender and peppermint oil foot baths.

- Jennifer worked up to walking three times a day for one hour each time, rewarding herself with a foot bath at the end
- She used the tools learnt from her phone coach to maintain activity despite her bad headaches and painful cracked heels
- The phone calls gave Jennifer the motivation to keep going and she really looked forward to receiving them



Jennifer's group fitness class provided amazing support and motivation for her



### 3

#### AFTER THE PROGRAM

Bigger the program has ended, *I was really enjoying it.*

- Through the Active Connect program Jennifer has lost 20kgs
- She now loves exercising and gets quite upset if anything such as the weather gets in her way
- Jennifer feels like she has her health and her life back

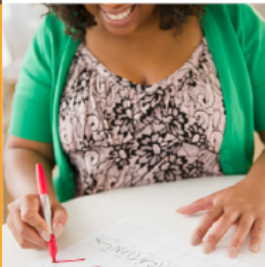
**“The support I have received through the program has been beautiful, the calls are FANTASTIC!”**



Jennifer's family and friends have commented on how good she looks and how confident she has now become



She used the fridge planner to help her stay on track



**“I’ve done pretty damn good and can’t wait for the program to start again!”**



Jennifer achieved her personal goal of being active for three hours a day, seven days a week



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