



walkingtogether Programme

Client Case Study of **Abdullah Agirbas**

Abdullah Agirbas attended an English Course at MIND (a mental health charity), Abdullah stumbled across the 'Walkingtogether' Programme advertised there and embarked on his very first walk.

Abdullah is a married man with a family of three daughters, aged 26, 24, and 14. He lives in Lower Clapton, is originally from Turkey and holidays there every summer. In fact Abdullah said "I was reluctant to go this year due to all my weight loss, I did not want to gain it back and would miss all the walking and the group". Abdullah enjoys lots of walking, going to the gym, bike riding and spending time in his greenhouse.

Abdullah said "I walk five times a week with the 'Walkingtogether' Programme and I find the walks very helpful and encouraging. The walk leaders are very friendly and they keep me on my toes. I have noticed since walking more I feel healthier, lighter and energetic. The biggest factor for was losing weight, a total of 1 stone. I was suffering from indigestion and this is no

“ For some time now I have wanted to lose weight to keep fit and healthy. I was always out of breath and felt heavy ”

longer the case. I was taking two tablets for high blood pressure I am now on one tablet. Having lost this weight has given me the confidence to ride a bike which has made me more active. I use to drive everywhere and now I am walking instead”

“Walking in a group has provided me with good social skills; I enjoy the different types of walks on offer, the fresh air and I like that the walk leaders are committed. I especially enjoy talking and meeting new people. With this new found confidence I have since joined 'Weight Watchers' and have adopted healthy eating habits”.



My daughters are very impressed with their new, slimmer dad. Before I'd ask the girls to go upstairs and fetch my things, now I am doing this myself without being out of breath. I am more of a handy man around the home which makes my wife happy. My medication has decreased and at this rate I will no longer be taking any"

Abdullah stated when asked what he would say to someone contemplating attending the Walkingtogether Scheme, "It is very good, walking for your health. For older people it is good for their bones to help keep supple and to prevent arthritis. Not only do you lose weight you make new friends, its fun and it's free".



For further information on this walk and others visit www.hackney.gov.uk/sports/walkingtogether

Alternatively contact the Hackney Leisure & Physical Activity Team on **020 8356 4897** or emailing surbjit.mahey@hackney.gov.uk