

NHS Type 2 Diabetes Path to Remission success story: Brian



From
Weymouth,
Dorset

Reduced
HbA1c from 58
to 33

Lost over 22kg
from starting
body weight

Brian's story

Brian was diagnosed with type 2 diabetes in December 2024. At the time, he could not imagine walking long distance, let alone running and enjoying it. Constant fatigue, body aches, and brain fog clouded his days, while declining mental health and side effects from medication left him feeling stuck and unsure.

Everything changed when he attended a local diabetes event and came across the NHS Type 2 Diabetes Remission Programme. "This is what I need with support," he thought, and support is exactly what he found. He says he could not have done it without his coach; they have been brilliant.

Early in the programme the weight started coming off, with 15% weight loss in the first 12-week phase. Brian embraced daily 30–40-minute brisk walks and joined his son on the Couch to 5k plan. With ongoing coaching support, and the motivation from an online group, Brian kept going and has now completed a 10k run. He has also signed up to do the 1million+ step challenge for Diabetes UK in July.

Brian says people do not recognise him due to weight loss, they now see a different man. Brian has more energy, joy in movement, and improved mental health. He no longer needs his diabetes medication and feels proud of what he's achieved. Having continued his development by signing up to a nutrition course, he now wants to use his experience and knowledge to coach others in a similar situation.

To anyone thinking about starting the programme, Brian says: *"It's been excellent"*.

'Brian is not going back. He has learnt to love fresh food and cooking again. Foods aren't just to get you through the day, it's medicine.'

For more information about the programme or to see similar success stories, please visit momentanewcastle.com


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