

# Spotlight on



## Colin Brown

### How many times do you exercise on average each week?

I try to exercise 5-6 times a week for about 60-75 minutes each time. I have been battling an expanding waistline for years but never quite knew where to start in making improvements. Starting work at TotalEnergies allowed me to tap into Healthoutfit and our gym facilities which have made a huge difference to me. We are so lucky to have these facilities and services available to us.

### What type of training programme are you on?

Over time this has evolved as my confidence has grown. The Healthoutfit team set me a really basic programme to start with which I really enjoyed. I have since been given an updated series of workouts which means I never get bored. Currently I swim (very slowly!) 3 times a week and am in the gym 3 times a week including one instructor led class. Early morning suits me best but everyone will have their own ideas of what is a good time for them

### How have the results of your training programme benefitted you?

As a result of working at the programme and changing my eating habits a bit I have lost the equivalent of a full holiday suitcase of weight. I feel less tired and physically stronger and better geared up for everyday life. It's always going to be a work in progress but it has become a good habit for me and I actually miss the days when I don't do something constructive.

## **What is best about getting these results?**

Feeling better, having more energy to do the things I want to do and being able to get into clothes that I thought had mysteriously shrunk in my wardrobe.

## **What advice would you give to other employees reading this?**

Its not really for me to give advice to other people as it took me years to get myself in a place where I took some action. My view is that we are blessed with amazing facilities and have professional advice on tap to help you on your way. The team are supportive but don't push you - its totally up to the individual how much they do and when they do it. Pick a time that suits you, work with the Healtoutfit guys to get a programme you enjoy and stick with it.