Damian's story

The Bradford Encouraging Exercise in People (BEEP) programme supported Damian to improve his health and wellbeing. This is his story.

"The BEEP service has been life changing for me and I think it is a fantastic programme for people in Bradford.

"I joined BEEP in May 2022, to get some better habits to improve my general wellbeing. The support I received from the BEEP instructor and the local gym, Sedbergh was excellent.

"The regular contact from BEEP and the programme recommended by the gym instructor gave me the motivation to exercise regularly. The benefits I felt also motivated me to make some changes to my diet, such as reducing the intake of ultra-processed foods and items with a high sugar content.

"A year later, I am still regularly attending the gym and eating healthier. I feel more positive, confident, and fitter. These new habits are benefitting me now and I am sure they will have longer-term health benefits.

"I would highly recommend the service to anyone who would like to make some positive changes – even if they currently lack the motivation to do so."

Thank you, Damian for sharing your story. You can [view more stories from our RIC programme on our partnership website.]