

Part 3 David Smith Study Patient Interview Transcript

00:04

Once I found there was fat in and round organs it was a huge motivator. When I heard about the visceral fat and where it was in your organs I was shocked and I felt as though that was more important to lose than it was the aesthetic fat. I made my mind up then to work harder to try and lose that visceral fat which then the knock on affect was losing the fat aesthetically which people could see.

00:38

The reason for losing weight was live longer, be healthier, and boost my own self-confidence and image, which over the last few years I'd let go slowly but found it very difficult to get back to how I used to be and it was the kick and the motivation I needed was the birth of my daughter, Emma-Louise.

01:08

As soon as I started taking the **alli** in conjunction with eating healthily, low-fat diet, regular exercise, all that combined and looking in the mirror and feeling better and looking at the scales was motivation to carry on knowing that what you're actually doing and the effort your putting in is worthwhile and it's working.

01:32

Losing the weight - the effect on my health - is only positive, as it would be for anyone else. I feel fitter, stronger. I feel like how I should have been 5-10 years ago. The main improvements to my health since losing the weight has mainly been feeling so much healthier. Breathing is actually easier, stamina is heightened, my whole being... I just feel better. I wake up in the morning. I'm not so tired throughout the day... getting up in the morning is not a struggle. I don't want to stay in bed any longer. I want to get up and do things because I feel I can.

02:20

Losing the weight has affected my family life in such a degree that the atmosphere in the whole household has changed. I can play with my daughter, Emma-Louise, for so much longer, take her for walks. And when I come back I can carry on playing with her. It's not a case of right I'm tired now let's put you aside and then veg out on the sofa. I'm not doing that. I'm carrying on playing with her.