# Sian Jones transforms her health through dedication and community support



A significant health transformation story has emerged from Blackwood, where 45-year-old Sian Jones has successfully turned her life around after receiving alarming health news. In September, following a routine blood test at her GP's office, Jones learned she had high cholesterol and was at a heightened risk for diabetes. Faced with the prospect of being prescribed statins, she requested a three-month period to make lifestyle changes before resorting to medication.

Reflecting on this pivotal moment, Jones said, “I was at the doctors having my bloods done in September and the results came back quite bad. I had high cholesterol, and my diabetes risk was high." The decision to take charge of her health triggered a remarkable journey.

Over the ensuing months, Jones made significant lifestyle modifications. Initially weighing 20 stone 13 pounds and wearing size 26 clothing, she adopted a healthier diet, emphasising protein and healthy carbohydrates while still enjoying her favourite foods. For instance, she adjusted her daily caramel latte by omitting the cream and toppings from her hot chocolate, demonstrating her commitment to a balanced approach to eating. "I made a list of things in my diet that were non-negotiable for me," she noted.

In addition to dietary adjustments, Jones incorporated regular exercise into her routine. She began walking on the treadmill and lifting weights at the gym before embarking on the Couch to 5K programme in October. Although she had prior attempts at the programme that did not succeed, this time she persevered and completed her first 5K, which inspired her to apply for the Newport Marathon Festival 100 Club. This initiative, managed by Run 4 Wales, provides 100 free spaces to participants committed to improving their physical health and wellbeing.

Sian gradually increased her running distance and began training outdoors, which led to her participation in the ABP Newport 10K. The event, held on Sunday, April 13, was not only a personal milestone for her but also an opportunity to engage with the local community and fellow participants. Celebrating her accomplishments, she expressed, “It was a really good day from start to finish. There were so many people cheering you on and I absolutely loved it. I can't wait to do it again although I'm already talking to my partner, James, about tackling a half marathon next.”

Her transformation has been significant; Jones has lost five and a half stone and now wears a size 18. She experienced improved energy levels and better sleep, prompting a follow-up visit to her doctor in February. The results of her follow-up blood tests showed everything to be at normal levels, leading her doctor to advise her to continue her current regimen. "The doctor was shocked and said to just keep doing what I'm doing as it's working," she stated.

The success of Sian Jones has drawn commendation from health and fitness advocates. Matt Newman, chief executive at Run 4 Wales, articulated his admiration for her journey, stating, “It’s amazing to see the incredible journey Sian’s been on to improve her health and fitness. It was fantastic seeing her and the other members of the 100 Club take on the challenge to complete their races on the weekend and we hope it’s inspired them to continue running.”

Sian's story highlights the impact of setting goals, making gradual changes, and the support of community initiatives in fostering health and wellbeing.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.nhs.uk/live-well/eat-well/eatwell-plate/> - This NHS webpage supports the concept of adopting a balanced diet rich in protein and healthy carbohydrates, as mentioned in the article, by providing a guideline on how to construct a balanced meal plate.
2. <https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/> - This webpage describes the Couch to 5K program, which Sian Jones participated in as part of her health transformation journey.
3. <https://www.run4wales.com/events/marathons/newport-marathon-festival/> - This link provides information on the Newport Marathon Festival, where participants like Sian Jones are supported in improving their physical health and wellbeing through programs like the 100 Club.
4. <https://www.nhs.uk/conditions/high-cholesterol/what-is-high-cholesterol-and-why-is-it-a-problem/> - This NHS webpage explains high cholesterol and its implications, reflecting the health issue Sian Jones faced and addressed through lifestyle changes.
5. <https://www.nhs.uk/common-health-questions/lifestyle/what-is-a-healthy-weight/> - This webpage provides guidance on what constitutes a healthy weight and how weight loss can improve health, which aligns with Sian Jones' weight loss journey.
6. <https://www.gov.uk/government/publications/uk-physical-activity-guidelines> - This government webpage outlines physical activity guidelines for different age groups, supporting the idea of regular exercise as a significant component of a healthy lifestyle.
7. <https://www.walesonline.co.uk/news/wales-news/i-weighed-20-stone-asked-31419632> - Please view link - unable to able to access data