

Session 8

Case study 8 – Becoming more physically active

Name: Shamika
Age: 35
Gender: Female
Ethnicity: African Caribbean
Waist measurement: 110cm (about 43 inches)



Shamika is 35 years old and lives with her husband and two young children who are 5 and 7 years old. She is overweight, with a waist measurement in the 'health is at high risk' category. She wants to increase the amount of physical activity she does to lose weight and reduce her risk of coronary heart disease, as her father died of a heart attack when he was only 52 years old.

Because of her weight, she finds exercising difficult and is apprehensive and unsure of how to start increasing her physical activity levels.

1. What are Shamika's risk factors for coronary heart disease?

2. Which of her known risk factors are modifiable, and which are non-modifiable?

3. Do you think Shamika is ready to make a lifestyle change?

4. What are the potential barriers to Shamika becoming more physically active, and how could she overcome them?
