



Image: Slimming World

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RAC patrol awarded Slimming World's 2025 Icon

Nick Furlong, 45, who says his weight affected every aspect of his life feels he is in the best place both physically and mentally after losing 6st (38kg) in eight months with Slimming World.

He says: "I was relatively slim until I hit my 20s. My weight crept up from there so, I've essentially lived most of my life overweight. I would try fad diets and lose a bit of weight, but none of them were sustainable. I didn't enjoy what I was eating and felt I was just missing out, which led to

depression and eating even more in a downward spiral. I was seriously contemplating medical intervention like weight loss drugs prior to starting Slimming World but I'm so glad I didn't go down that route.

"I'm a mechanic by trade and have been in the industry for nearly 30 years. I work for the RAC managing a team of 43 patrols who attend hundreds of breakdowns every day. I no longer work at the roadside myself, and one of the reasons was because it was becoming such a struggle. I'd been known to get myself wedged under many a car while working and the physical side of the job was getting harder and harder."

It was when Nick's youngest son Oscar was born in 2019 that he really started considering his future. He says: "I knew I wasn't the youngest of dads and my health wasn't great either. I have been asthmatic all my life and I hadn't realised what a huge part my weight played in this. I decided to go for a routine check-up at the doctor's and the results that came back from it were eye-opening. I was diagnosed with being prediabetic, had high cholesterol and sleep apnoea too."

Nick decided, along with his four best friends, to go along to his local Slimming World group. He says: "I was very sceptical at first. I was worried what being in a group was going to be like and that this would become something else I wasn't able to stick with. But I was so wrong. My Wednesday night group is a highlight of my week. I soon realised that I didn't have to miss out, I was still able to eat all my favourite foods and my Consultant Clare is so supportive."

Nick, who lives with his wife Kerrie and two sons, 20-year-old Josh and Oscar, who's now five, soon began to enjoy Slimming World's [healthy eating plan](#), and introduced new healthy habits for the whole family. He says: "Clare helped me to realise where my excess calories were coming from. I decided to start planning my meals, so I didn't make unhealthy decisions because I was hungry and in a rush. I prepared things to take to work with me and the other members in group gave me ideas to help me stay on track."

In time, Nick became more active with the help of Slimming World's [physical activity support programme](#), which helps members to introduce activity levels at their own pace and in a way that fits in with daily routines. He says: "One of my reasons for joining a Slimming World group was because I wanted to be an active dad, to be able to run in the parents' race at my son's sports day

to show him that you can give anything a go. Before losing weight I'd avoid getting involved with things and my weight kept me on the sidelines, but not now!

“Being slimmer and fitter has given me real passion to get more active. I joined the gym with the same friends I joined Slimming World with, and I honestly love it. I never would have set foot in a gym when I was heavier. The simplest of tasks were a challenge before, getting out of breath just walking around the house. I'm a really active dad now, I enjoy long walks with the dogs and I'm able to find clothes I want to wear rather than just what will fit. Slimming World has changed my life so much for the better.”

Now that he's 6st lighter, Nick says he is much more positive at work too: “I feel more organised and focused throughout the day and feel I can give better support to the team that I look after. With my new positive mind set and drive to improve myself, I've enrolled in a team leader course that will provide a qualification at the end. My mental health, drive and focus have all improved so much since I started my journey and feel like I'm the best possible version of me.”

VITAL STATS:

Name: Nick Furlong

Age: 45

Height: 5ft 11ins/180.34cm

Starting weight: 18st 11lbs/263lbs/119.2kg

Current weight: 12st 11lbs/179lbs/81.2kg

Weight loss: 6st/84lbs/38kg

Waist size before: 42-44ins/111.76cm

Waist size now: 32ins/81.2cm

Date joined Slimming World:13/03/2024

Group: Nick is a member of Clare O'Connell's group in Woodhatch, Surrey

Before menu

Breakfast: Cafe bacon rolls, sausage sandwiches, or fast-food breakfast

Lunch: Shop-bought sandwiches or more fast food

Dinner: Home cooked meals like spaghetti Bolognese

Snacks: Packs of crisps. Chocolate bars. Petrol station cakes/ doughnuts.

After menu

Breakfast: Overnight oats. Fruit and low-fat yoghurt

Snack: Fruit, nuts, boiled eggs, chocolate bar

Lunch: Tuna salad and rice dishes

Dinner: Homemade Slimming World burgers, curries, stir fries. Lots of fish, lean meat and vegetables.

Notes to editors

*Research conducted on RAC's behalf by Online95 in September 2024.
Sample size: 1,775 drivers who hold a full, current UK driving licence and drive at least once a month

**RAC Report on Motoring 2024

The press office email address is press.office@rac.co.uk and media centre is at media.rac.co.uk. **Please note:** the press office is unable to help with

individual customer enquiries - please visit the [RAC contacts page](#) to find the right contact.

About the RAC

The RAC, an iconic UK brand, provides complete peace of mind to 14 million UK private and business drivers, whatever their motoring needs. As well as its premium nationwide breakdown assistance service – with an expert branded patrol workforce attending more than two million breakdowns every year – it offers a wide range of market-leading products across insurance, legal services, vehicle inspections and service, maintenance and repair. Included in this is the first-of-its-kind nationwide Mobile Mechanics service which brings the garage to homes and workplaces.

At the forefront of new solutions for business fleets and consumers, the RAC's breakdown service is electric-ready with mobile EV charging technology and can be called on using [myRAC](#) – the all-in-one route planner, fuel finder and breakdown reporting app.

Visit the [RAC website](#).

Contacts


Press Office

Press office team

Press Contact

For journalist enquiries only

Emails monitored during normal office hours

press.office@rac.co.uk

ISDN number on request