

## Holly

**Age:** 26

**Profession:** Personal trainer and nutritionist.

**Star sign:** Sagittarius

**Favourite food:** Avocado and pizza

**Favourite exercise:** Boxing

**What makes you the most happy?** Friends and Family

## The Clot Story

**At what age did you have your first clot?** 22

**Where were your clots?** In my lungs.

**What caused your clot?** No idea.

**What has changed for you emotionally and physically since having your clot?** I am a lot healthier, I have lost about 4 ½ stone, I am a lot fitter, I have changed my career to work with my fitness. I have a completely new outlook on everything, I feel I am a lot calmer and laid back. I did suffer from anxiety for a long time after the blood clots, I feel I have come through that now and I am managing it.

**Did it change your life? And if so for better or for worse?** It massively changed my life for the better. It gave me a second chance to change my lifestyle and live a healthier/ happier life. I am a completely different person, my priorities are different, and I have a whole new outlook on life and health.

It has given me a passion to take care of myself and support others in their journeys to healthier lifestyles. Your health is the most important thing and I now know what it is to not have control of your body and a life threatening illness.



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**Why do you want to raise awareness of blood clots?** Because nobody is aware. It can happen at any time, you could be the healthiest person and it can still happen.

**If a friend or family were to describe your journey what would they say?** Life has changed so much, friends and influences have changed. Friends don't always understand and ask if you're better yet? They get frustrated because they think you can get over it and you look better.



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