



25.03.2021

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Erthygl i'r Wasg Press Release

FFIT Cymru - Be Sydd Gen Ti i'w Golli?

A hithau wedi bod yn flwyddyn hir ers i'r pandemig ein taro, mae'r holl bryder a newid byd wedi achosi i lawer ohonom roi pwysau ymlaen yn ystod y cyfnodau clo.

Wrth lwc mae'r gyfres iechyd a thrawsnewid, **FFIT Cymru** yn dychwelyd i'r sgrin ar nos Fawrth 6 Ebrill i roi 'chydig o hwb i ni droi dalen newydd. Dros ddeufis, cawn ddilyn pum aelod o'r cyhoedd – neu 'arweinwyr' - wrth iddyn nhw fynd ar daith anhygoel i wella'u hiechyd, eu ffitrwydd, eu lles a'u hapusrwydd.

Bydd y pum arweinwyr a'u teuluoedd yn rhannu pob cam o'u taith i drawsnewid eu ffyrdd o fyw er gwell gyda'r gyflwynwraig Lisa Gwilym. Byddan nhw'n dilyn arweiniad a chynghor gan dri arbenigwr y gyfres; yr hyfforddwr personol Rae Carpenter, y dietegydd Sioned Quirke a'r seicolegydd Dr Ioan Rees.

Ymhlith y bobl sydd wedi eu dewis fel arweinwyr eleni mae dau o athrawon a gŵr sy'n rhedeg cwmni peiriannau cloddio. Yr aelod ieuengaf o'r criw yw Bronwen Price, sy'n 26 oed ac yn ddoctor o Fethel, ger Bangor:

"Dwi'n teimlo mor anghyfforddus yn fy nghroen fy hun ar y funud. Dwi'n edrych yn y drych a mae 'na gasineb yna. Dwi ishio teimlo'n fwy hyderus, a dwi'sho bod yn iachach a colli'r pwysa' lockdown!"

Mae Lois Morgan-Pritchard yn 33, yn dod o Y Ffôr ger Pwllheli, ac yn rhedeg cwmni harddwch ei hun. Mae ganddi ddau o fechgyn bach – un yn dair, a'r llall yn wyth mis oed. Ddeuddeg mlynedd yn ôl cafodd symptomau cyflwr prin Guillaume-Barre Syndrome, wnaeth ei pharlysu o'i chanol i lawr. Mae hi bellach yr un pwysau â pan ddigwyddodd hynny, ac mae hi'n poeni am ei iechyd:

"Mae colli pwysau yn anoddach na dysgu cerdded eto! Dwi wedi colli'n hunan-hyder a dwi'n cuddio o dan ddillad llac, yn defnyddio geiriau negyddol am fi fy hun. Dwi isho bod ar FFIT Cymru achos dwi isho'n hunan hyder yn ôl ac efo help yr arbenigwyr, a Chymru gyfan tu ôl imi, dwi isho hefyd arwain pobol eraill," ychwanega Lois.

Mae Leah Owen-Griffiths, sy'n athrawes ysgol gynradd ym Mhorth, yn y Rhondda, yn 40 oed ac yn fam i ddau o blant. Mae hi wedi sylwi bod ei arfer o fwyta'n gudd wedi gwaethgu yn ystod y cyfnod clo, ac mae hi wedi rhoi dwy stôn ymlaen mewn blwyddyn:

"Dwi angen colli pwysau a dwi ishe teimlo'n iach. Dwi 'di colli fy ffordd yn ofnadwy yn ystod y cyfnod clo a dwi angen help. Dwi'n teimlo s'dim cymhellant da fi ragor i lwyddo ond dwi ishe gneud fy ngore. Bydd cael mewnbwn gan y tri arbenigwr a bod yn ran o deulu FFIT Cymru yn golygu popeth i fi."



Mae Dylan Humphreys, sy'n 47 oed ac yn dod o Rosgadfan, ger Caernarfon, yn rhedeg cwmni peiriannau cloddio ei hun. Mae'r tad i dri eisiau colli pwysau ar gyfer llawdriniaeth, ac yn awyddus i ddysgu coginio er mwyn cael rhedeg ar ôl y plant:

"Dwi wedi colli pwysa' ers dalwm, ond geshi broblemau iechyd am bo' fi di colli pwysa y ffordd anghywir."

Siôn Huw Davies, sy'n 50 o Brestatyn, Sir Ddinbych yw'r pumed o'r criw o arweinwyr. Mae'n Bennaeth ar Adran Gymraeg Ysgol Uwchradd Y Fflint, ac yn dad i dri o blant dan saith oed:

"Dwi'n gwybod bod rhaid i mi wneud rhywbeth cyn ei bod hi'n rhy hwyr. Dwi'n dda iawn am neud esgusodion...mi wna'i o 'yfory', ma' bob dim yn digwydd 'fory'. Ma'n hen bryd imi gael y meddylfryd iawn a dyna pam dwi'n gneud FFIT Cymru, mae'n gyfle euraidd i neud o yn iawn ac y ffordd cywir."

Bydd modd i chi ddilyn yr union yr un cynlluniau ffitrwydd a bwyta a'r arweinwyr drwy fynd i s4c.cymru/ffitcymru.

Eleni eto bydd yr hyfforddwr personol Rae Carpenter yn cynnal sesiynau HIIT unigryw drwy gyfrwng y Gymraeg yn fyw ar sianel Youtube FFIT Cymru bob bore Llun i Gwener yn ystod darllediad y gyfres rhwng 7.10-7.30 y bore, a bydd y sesiynau ar gael i'w gwyllo unrhyw adeg wedi hynny.

Bydd hefyd cystadleuaeth arbennig i blant oedran Cynradd ac Uwchradd yn cael ei lawnsio ar y cyd â'r Urdd ym mhennod gyntaf y gyfres. Yr her fydd creu fideo hyd at bum munud o hyd i greu sesiwn ffitrwydd arbennig. Bydd yr enillydd yn cael ei gyhoeddi ar wefan yr Urdd a FFIT Cymru yn ystod wythnos Eisteddfod T. Ceir mwy o wybodaeth am y gystadleuaeth ar wefan FFIT Cymru.

FFIT Cymru

Nos Fawrth, 6 Ebrill 9.00

Ar alw: S4C Clic, iPlayer a llwyfannau eraill

Cynhyrchiad Cwmni Da ar gyfer S4C



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FFIT Cymru – What Have You Got to lose?

It's been a long year since the pandemic struck, and the anxiety and change of lifestyle that has come with it has caused many of us to put on weight during the lockdown.

Luckily the health kick transformation series, FFIT Cymru returns to the screen on Tuesday 6 April to give us that extra boost to turn over a new leaf.

Over two months, you will be able to follow five members of the public – or 'leaders' - as they embark on an incredible journey to improve their health, fitness, wellbeing and happiness.

The five leaders and their families will aim to transform their lifestyles for the better and share every step of their journey with presenter Lisa Gwilym. They will follow guidance and advice from a team of experts, personal trainer Rae Carpenter, dietician Sioned Quirke and psychologist Dr Ioan Rees. This year's leaders include two teachers and a man who runs his own digger company. The youngest member of the group is 20 year-old Bronwen Price, from Bethel, near Bangor:

"I feel so uncomfortable in my own skin at the moment. I look in the mirror and there's hate there. I want to feel more confident, and I want to be healthier and lose the lockdown weight!"

Lois Morgan-Pritchard, who is 33 years old, and from Y Ffôr near Pwllheli and runs her own beauty business. She has two small boys who are 3 and 8 months old. Twelve years ago she developed symptoms of the rare Guilliam-Barre Syndrome, which paralysed her from her waist down. She now weighs the same as when that happened, and is worried about her health:

"Losing weight is harder than learning to walk again! I've lost my self-confidence and I hide under baggy clothes and use negative words about myself. I want to be on FFIT Cymru because I want my self-confidence back and with the help of the experts, and the whole of Wales behind me, I also want to inspire other people" says Lois.

40 year-old Leah Owen-Griffiths, who is a primary school teacher in Porth, in the Rhondda and a mother of two, noticed that her secret eating habit had got worse during the lockdown, and as a result, she has put on two stone during the last year:

"I need to lose weight and I want to feel healthy. I've lost my way terribly during the lockdown period and I need help. I feel I'm no longer motivated to succeed but I want to do my best. Getting input from all three experts and being part of the FFIT Cymru family will mean everything to me."



Dylan Humphreys, who is 47 and from Rhosgadfan, near Caernarfon, runs his own digger company. The father-of-three wants to lose weight for surgery, and wants to learn to cook in order to run after the children:

"I've lost weight before, but I had health problems because I lost it the wrong way."

50-year-old Siôn Huw Davies, from Prestatyn, Denbighshire is the fifth of the group of leaders. He is Head of the Welsh Department at Flint High School, and father of three children under seven:

"I know I have to do something before it's too late. I'm very good at making excuses...I'll do it 'tomorrow', everything happens tomorrow. It's about time I got the right mindset and that's why I'm doing FFIT Cymru; it's a golden opportunity to do it the right way."

You can follow the same fitness and eating plans as the leaders by visiting s4c.cymru/ffitcymru. Again this year, personal trainer Rae Carpenter will be hosting exclusive HIIT sessions through the medium of Welsh, live on FFIT Cymru's You Tube channel at 7.10am–7.30am, every Monday to Friday during the series, with the sessions available to watch anytime afterwards.

A special competition for primary and secondary school children will also be launched in conjunction with the Urdd in the first episode of the series. The challenge will be to create a fitness session of up to five minutes long, and record it on video. The winner will be announced on the Urdd and FFIT Cymru website during Eisteddfod T week. More information about the competition can be found on the FFIT Cymru website.

FFIT Cymru

Tuesday, 6 April 9.00 pm

On demand: S4C Clic, iPlayer and other platforms

A Cwmni Da production for S4C