



21.04.2021

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## Erthygl i'r Wasg Press Release

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# Meddyg prysur yn serennu ar gyfres FFIT Cymru

Mae pwysau gwaith yn rhywbeth sy'n dod gyda'r swydd i bob meddyg, ac mi fydd hynny'n sicr wedi cynyddu wrth weithio drwy'r pandemig dros y 12 mis ddiwethaf.

Ond ceisio colli pwysau, drwy baratoi prydiau iach ac ymarfer corff, yng nghanol yr holl shifftiau 12 awr? Dyna yn union mae Dr Bronwen Price, o Fethel ger Caernarfon, yn gwneud ar hyn o bryd fel un o arweinwyr y gyfres trawsnewid iechyd, **FFIT Cymru**.

Mae'r genedl wedi dilyn Bronwen a'i phedwar cyd-arweinydd, wrth iddyn nhw geisio newid hen arferion gwael er mwyn byw yn iachach, ac mae'r pump wedi bod yn llwyddiannus hyd yma - gwylwch y bennod nesaf am 9.00 ar nos Fawrth ar S4C, neu gwylwch ar alw ar S4C Clic i ddal i fyny gyda'u taith.

Ar ôl cymhwyso fel meddyg yn 2018, mae Bronwen sy'n 26 oed, wedi gweithio ar wardiau ysbytai Caerdydd a'r ardal dros y blynnyddoedd diwethaf.

Meddai Bronwen: "Ers cychwyn gweithio, yn bendant roedd y pwysau yn codi yn ara' deg, a wedyn pan naeth *lockdown* hitio, naeth hynny gynyddu'n sylweddol. Ti byth yn stopio yn y swydd yma, gweithio'n llawn amser, gweithio gyda'r nosau, gweithio shifftiau hir a phatrymau gwahanol.

"A phan daeth y pandemig, roedd 'na lot o fwydydd da yn cael ei yrru i'r ysbytai. Roedd o'n anhygoel ac mi oedd pawb mor ddiolchgar amdano fo, ond ar adegau ella roedd y bwyd yn ormod a doeddwn i ddim yn symud digon. Doedd y cyfuniad yna ddim yn dda, a nes i fagu llwyth o bwysau yn y broses."

Bellach wedi symud yn ôl i'r gogledd am y tro, bydd Bronwen yn dechrau hyfforddi fel meddyg teulu ym mis Awst a dyna un o'r pethau wnaeth ei hysgogi i wneud y cais i fod yn arweinydd FFIT Cymru.

"Fel meddyg teulu, iechyd hir dymor fydd lot o fy ngwaith, ac mae 'na lot o glefydau lle'r cam cyntaf i wella ohonyn nhw ydi gwella'r ffordd o fyw, drwy golli pwysau a bwyta'n iachach os mae angen. Dw i eisiau bod mewn sefyllfa ble dwi ddim yn fod yn *hypocritical* yn eistedd o flaen claf, yn dweud wrth rhywun i fwyta'n iach pan dw i'n gwybod fydda i'n bwyta 'tha mochyn y noson honno.

"Mae rhaid i chdi fod yn onest efo dy hun cyn colli pwysau, a chydabod bod *eisiau* newid. Dyna'r cam cyntaf. Mae *denial* yn stopio pobl rhag sylweddoli bod angen newid. Pan neshi weld hysbyseb FFIT Cymru un noson, oeddwn i'n gwybod mai dyna oedd y cyfle perffaith. Neshi orffen y ffurflen gais gyfan y noson honno, efo glasiad bach o wîn!"



Mae'r gyfres wedi bod yn hwb fawr i Bronwen, ac mae'r canlyniadau hyd yma wedi bod yn addawol iawn wrth iddi golli pwysau a modfeddi oddi ar ei chorff.

"Mae pawb wedi gwneud mor dda yn yr wythnosau gyntaf. Mae o'n cymryd mynadd i wneud y pethau yma weithiau. Nes i sesiwn ymarfer corff yn y gwesty am 10 o'r gloch un noson ar ôl gweithio shifft 12 awr, ond nes i ffeindio bod hynny'n helpu mi ddianc o or-feddwl ar ôl gwaith ac mi oeddwn i'n teimlo'n grêt ar ôl wneud o.

"Be dwi wedi sylweddoli ydi, mi oeddwn i'n bwyta lot cyn hyn a doedd dim syndod fy mod wedi magu gymaint o bwysau. Rŵan, mae gwybod be dwi angen fwyta a faint dwi angen symud, rili wedi helpu. Dwi wedi gweithio'n galed a wedi bod yn rili hapus efo'r canlyniadau hyd yma, a mae'n rhaid *just* cario ymlaen."

Os hoffwch chi ddilyn cynllun diet a ffitrwydd Bronwen, neu os ydych chi eisiau gwybod mwy am sut i ymuno â'r Her Genedlaethol 5K FFIT Cymru, sy'n digwydd rhwng Mai 9 ac 15, neu'r gystadleuaeth FFIT Cymru a'r Urdd i blant blwyddyn 1 i 13, ewch i [www.s4c.cymru/ffitcymru](http://www.s4c.cymru/ffitcymru).

**FFIT Cymru,**

**Nos Fawrth, 9.00**

**Isdeitlau Saesneg**

**Ar alw: S4C Clic, iPlayer a llwyfannau eraill**

**Cynhyrchiad Cwmni Da ar gyfer S4C**



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### Busy doctor starring in health transformation series

Work pressure is part and parcel of life as a busy doctor, and particularly so over the last 12 months during a global pandemic.

But trying to lose weight, by preparing healthy meals and exercising regularly, in between 12 hour shifts? That is exactly what Dr Bronwen Price, from Bethel, near Caernarfon, is doing at the moment, as one of the leaders of S4C's health transformation series, **FFIT Cymru**.

The nation has followed Bronwen and the four other leaders, as they attempt to ditch bad habits in order to lead a healthier lifestyle. The five have made a successful start to their FFIT Cymru journey so far – watch the next episode at 9pm on Tuesday night or catch up with the series so far on S4C Clic.

Having qualified as a doctor in 2018, 26 year-old Bronwen has worked on the wards of the hospitals in Cardiff and the surrounding area over the last few years.

Bronwen said: "Since starting to work, my weight has definitely gone up slowly, but when lockdown hit, it just shot up. You never stop in this job, working full time, working nights, working long hours and different shift patterns.

"When the pandemic hit, there was so much good food being sent to the hospitals. It was amazing and everyone was so grateful for it, but at times it might have been a bit too much, and I wasn't moving enough. That was not a good combination and I gained a lot of weight during that time."

Having moved back to north Wales for now, Bronwen will begin training as a GP in August and that was one factor which motivated her to apply to become a FFIT Cymru leader.

She added: "As a GP, promoting long term health will be a big part of my job, and there are a lot of illnesses where the first step to fixing is by improving your lifestyle, by losing weight and eating healthier.

"I want to be in a situation where I don't feel hypocritical sitting in front of a patient, telling them to eat healthily when I know that I'll go home after work and eat like a pig.

"Before you start losing weight, you have to be honest with yourself and acknowledge that you have to change. That's the first step. Being in denial stops people from realising that they need to change. When I saw FFIT Cymru advertised one night, I knew that that was the perfect opportunity. I completed the whole application form that night, with a little glass of wine!"



The series has given Bronwen a massive confidence boost and the results so far have been very promising, after losing weight and inches from her body.

"Everyone has done so well in the first few weeks. It takes effort to do these things sometimes. I did a workout in the hotel at 10pm one night, after a 12 hour shift, but I found that it helped stop me from overthinking about work and I felt great after doing it.

"What I have realised is, I used to eat a lot before this and there's no wonder that I gained so much weight. Knowing what food I need to eat and how much, and how much I need to move, has really helped. I've worked hard and I'm really happy with my progress so far, I just need to keep it going."

If you'd like to follow Bronwen's diet and fitness plans, or for more information about how to enter the National FFIT Cymru 5K Challenge, between May 9 and 15, or about the FFIT Cymru Urdd competition for children from years 1 to 13, go to [www.s4c.cymru/ffitcymru](http://www.s4c.cymru/ffitcymru).

**FFIT Cymru,**

**Tuesday, 9.00pm**

**English subtitles available**

**On demand: S4C Clic, iPlayer and other platforms**

**A Cwmni Da production for S4C**