



01.12.22

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Erthygl i'r Wasg Press Release

Cyfle i ymuno ag aduniad sêr FFIT Cymru chwe mis wedyn

Roedd taith FFIT Cymru yn newid ar fyd i bum arweinydd yn y gyfres yn gynharach eleni – ond a yw'r daith trawsnewid wedi parhau yn y chwe mis ers hynny?

Dyna fyddwn ni'n darganfod yn y rhaglen **FFIT Cymru: 6 Mis Wedyn**, sydd ymlaen am 9.00 nos Iau, 15 Rhagfyr, wrth i'r arweinwyr, arbenigwyr a'r cyflwynydd Lisa Gwilym ddod at ei gilydd unwaith eto ar gyfer aduniad arbennig. Cawn weld sut mae'r cyfnod wedi bod i Bethan, Gafyn, Ruth, Twm a Wendy - pum arweinydd Ffit Cymru 2022 – ers i'r camerâu adael, a gweld os yw'r arferion iachus wedi parhau.

Y tri sydd wedi rhoi cyngor a chefnogaeth i'r arweinwyr bob cam o'r ffordd yw'r arbenigwyr. Yr Hyfforddwr Personol, Rae Carpenter. Y Seicolegydd, Dr. Ioan Rees, a'r Dietegydd, Beca Lyne-Pirkis, sydd wedi bod yn rhan o dîm FFIT Cymru am y tro cyntaf eleni.

Mae ysbrydoliaeth i'w ganfod yn stori pob arweinydd, a neb llai na'r fam 58 oed o Aberystwyth, Wendy Thomas.

Nol yn 2020, cafodd Wendy brofiad dychrynlyd o gael ei brysio i'r ysbyty gyda Covid-19, ac wedi dioddef o effeithiau Covid Hir wedi hynny. Roedd ei iechyd meddwl yn dirywio, ac roedd gwella hynny, ynghyd a'r bwyd a'r ymarfer corff, yn plethu gyda'i gilydd:

"Oedd ishe'r tri peth yna gyda'i gilydd...Fyddwn i byth wedi gallu neud e heb ddod ar FFIT Cymru a'r arbenigwyr...Mae bywyd gwerth ei fyw nawr."

"Mae hyn wedi bod yn brofiad bythgofiadwy," meddai Wendy. "Pan ddechreuais i fe, oni'n meddwl 'alla i byth a neud hyn'...Dyw e ddim wedi bod yn hawdd. Ambell i ddiwrnod dwi wedi gorfod pwsio trwy'r cymylau i weld yr haul. Ond mae e werth e."

Fe roedd Gafyn Owen, sy'n Gogydd 48 oed o Lanfaelog, yn benderfynol o newid ei fywyd ar ôl i'w dad farw'n 47 oed. Ac er ei fod yn dioddef gyda chyflwr corfforol sy'n golygu gwendid mewn un ochr ac wedi profi cyfnodau tywyll, fe aeth amdani gyda'r cynllun.

"Dwi'n hapus iawn efo be dwi wedi neud," meddai Gafyn. "Dwi ar y *path* iawn ac am aros yna rŵan a cario ymlaen."

I Ruth Roberts, cynorthwydd cyllid o Abercynon, mae'r gyfres wedi galluogi iddi drawsnewid ei bywyd yn gyfan gwbl, yn enwedig ei hunan-werth:

"Mae e wedi newid fy mywyd i...O'r blaen oni ddim yn ddigon da, oni'n gofyn pam roedden nhw'n caru fi a nawr dwi'n caru fy hunan a dwi yn ddigon da."



Fe daflodd Twm Jones, sy'n daid 60 oed o Sir Fôn, ei hun i'r cynllun yn gyfan gwbl. Er, doedd pethau ddim yn hawdd o hyd iddo ac mi gafodd drafferth gyda'r cynllun hyfforddiant ar y dechrau.

"Ond nes i benderfynu prynu mewn i'r cynllun a rhoi fy mhen i lawr a gweithio'n galed arna fo," meddai Twm. "Mae o wedi llwyr trawsnewid fy mywyd i ym mhob ffordd...Mae'r cynllun FFIT Cymru wedi safio fy mywyd i. Fedrai ddweud hynny â llaw ar fy nghalon."

Un arall sydd wedi gweld trawsnewidiad yn ei hyder yw Bethan Davies, sy'n 39 oed o Ferthyr:

"Fi wedi neud pethau fyswn i byth wedi meddwl neud amser yma llynedd a jest wedi mynd amdani...Oni mor ffodus o gael y cyfle yma i fod yn rhan FFIT Cymru eleni ac oni'n benderfynol o neud y gorau o'r profiad."

Mae'r gyfres hyd yn oed wedi ei galluogi i newid arferion y teulu cyfan:

"Mae mynd i neud *parkrun* nawr gyda'n gilydd ar fore dydd Sadwrn a coginio prydau iachus yn rhan o fywyd teulu felly mae e wedi trawsnewid y teulu cyfan."

A beth fyddai cyngor Bethan i rywun sydd yn awyddus i fod yn Arweinydd FFIT Cymru?

"Ewch amdani. Mae yna fywyd iachach, hapusach, llawn antur yn aros amdanoch chi felly plis peidiwch ag oedi ac ewch amdani!"

Ymunwch am 9.00yh ar nos Iau 15 Rhagfyr i ddarganfod faint o bwysau mae'r pump arweinydd wedi ei gollu ers cychwyn eu taith trawsnewid yn y rhaglen **FFIT Cymru: 6 Mis Wedyn**.

A'i chi ydi Arweinydd nesaf FFIT Cymru? I wneud cais ar gyfres cyfres 2023, ewch i lenwi'r ffurflen gais ar-lein - s4c.cymru/ffitcymru.

FFIT Cymru: 6 Mis Wedyn

Nos Iau 15 Rhagfyr, 9.00

Isdeitlau Saesneg

Ar alw: S4C Clic, iPlayer a llwyfannau eraill

Cynhyrchiad Cwmni Da ar gyfer S4C



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Join the FFIT Cymru six-month reunion

The FFIT Cymru journey was truly a transformative experience for the show's five leaders earlier this year – but has that journey continued over the last six months?

That is what we will find out in the programme **FFIT Cymru: 6 Mis Wedyn (FFIT Cymru: 6 Months Later)**, which is on at 9.00pm on Thursday 15 December, as the leaders, experts and presenter Lisa Gwilym come together one final time for a special reunion. We'll hear about how life has been for Bethan, Gafyn, Ruth, Twm and Wendy - the five leaders of Fit Cymru 2022 - since the cameras left, and to what extent the healthy habits have remained.

The three who have given advice and support to the leaders every step of the way are the FFIT Cymru experts. The personal trainer, Rae Carpenter, the psychologist, Dr Ioan Rees, and the dietitian, Beca Lyne-Pirkis, who joins the FFIT Cymru team for the first time this year.

There is inspiration to be found in each of the leaders' stories, and no one less than the 58-year-old mother from Aberystwyth, Wendy Thomas.

Back in 2020, Wendy had a terrifying experience after being rushed to hospital with Covid-19 and has suffered with Long Covid. Her mental health was deteriorating, and improving that, along with food and exercise, all worked together:

"I needed those three things together...I would never have been able to do it without coming on FFIT Cymru and the experts...Life is now worth living."

"This has been an unforgettable experience," said Wendy. "When I started, I thought I could never do it... It hasn't been easy. I've had to push through the clouds to see the sun on some days. But it's worth it."

Gafyn Owen, a 48-year-old chef from Llanfaelog, was determined to change his life after his father died aged 47. And although he suffers with a physical condition that means weakness in one side and has experienced dark periods in his life, he went for it with the plan.

"I'm very happy with what I've done," said Gafyn. "I'm on the right path and want to stay there and carry on."

For Ruth Roberts, a finance assistant from Abercynon, the series has enabled her to completely transform her life, especially her self-worth:



"It's changed my life...Before I wasn't good enough, I was wondering why my family loved me and now I love myself and I am good enough."

Twm Jones, a 60-year-old Grandfather from Anglesey, threw himself completely into the plan. Although, things weren't easy for him, and he had trouble with the training plan at the beginning.

"But I decided to buy into the plan and put my head down and work hard on it," said Twm. "It has completely transformed my life in every way...The FFIT Cymru scheme has saved my life. I can say that with my hand on my heart."

Another who has seen a transformation in her confidence is 39-year-old Bethan Davies, from Merthyr:

"I've done things I would never have thought of doing this time last year and have just gone for it... I was so lucky to have this opportunity to be a part of FFIT Cymru this year and was determined to make the most of the experience."

The series has even enabled her to change the whole family's habits:

"Going to parkrun together on a Saturday morning and cooking healthy meals is part of family life now, so it has transformed the whole family."

And what would Bethan's advice be for someone who wants to be a FFIT Cymru Leader?

"Go for it. There is a healthier, happier, adventure-filled life waiting for you so please don't hesitate and go for it!"

Join at 9.00pm on Thursday 15 December to find out how much weight the five leaders have lost since starting their transformation journey in **FFIT Cymru: 6 Months Later**.

Are you the next Leader of FFIT Cymru? To apply for the 2023 series, head to the website and fill in the online application form - s4c.cymru/fitcymru.

FFIT Cymru: 6 Mis Wedyn

Thursday, 15 December, 9.00pm

English subtitles available

On demand: S4C Clic, iPlayer and other platforms

A Cwmni Da production for S4C