

## Success Story: Laurie M.



### **Why did you join the program?**

My blood pressure and cholesterol were high and I was on 2 medications to control the hypertension. Working in Acute rehabilitation here at PeaceHealth I am well aware of the implications and risk of having the above conditions. To best serve my clients and to develop a healthier lifestyle I want to "walk the walk and not just talk the talk" so to speak.

### **How has your quality of life changed?**

My confidence has improved. My desire to get out and do activities I used to do and haven't done before is renewed! I have more energy and I don't get short of breath climbing several flights of stairs or hills. Overall, I feel pleased with my state of health. My back pain has decreased.

### **What significant health benefits have you experienced?**

My cardiovascular fitness is significantly improved, as well as my blood pressure. Now I'm on 1 medication. I'm certain my cholesterol will be in the healthy range next time. Physical activity is a big part of the program to ensure both losing weight and keeping it off, and I enjoy it!

### **If you are in Phase 2- How long have you been in Phase 2?**

2 months and still losing! Transitioning early was advised so I could remain on plan during a 10 day vacation. I returned tanned, refreshed, and only up 1 pound. This was a victory in itself since usually vacation = weight gain. I'm still working toward my goal of 60 pounds lost- it's only 7 pounds away!

### **Do you have tips or advice for others? What is your most effective strategy?**

Be ready both mentally and physically for change. Set up your environment to decrease temptations. Share what you are doing so that well meaning family or friends don't sabotage you. Embrace the program. It works!