

## MEMBER JOURNEY

“Now I prioritize my health and make it a point to get up and move throughout the day.” *-Robin, Restore Member*



“My name is Robin and I am 58 years old. When I went in for my annual checkup, I was told that I needed to lose weight, that I had high blood pressure, and that my cholesterol and glucose levels were way above normal. I was also dealing with persistent knee pain due to a high school injury, and the extra weight on my joints wasn't helping. **I was clearly heading for a heart attack, knee replacement surgery, and/or diabetes. This was when the nurse introduced me to the Restore program.**

Programs I had tried in the past were restrictive, number bound, expensive, and only focused on one area like nutrition or exercise. **Restore had more freedom and fewer lifestyle restrictions.** Restore also included a live health coach to help guide me, which I desperately needed.

I appreciated having Coach Catherine there for the ups and downs I faced during the year, especially when working through periods when I plateaued. Catherine always provided helpful suggestions and got me to try new things.

### THE NITTY GRITTY DETAILS

	Before	After
Weight	235 lbs.	188 lbs.
BMI	41.7	33.3
Glucose	107 mg/dL	89 mg/dL
Blood Pressure	130/74	115/60

When I started the program, I had a goal to lose at least 40 pounds. I surpassed that and lost 47 instead. I wanted to lose another 38 pounds, but **I learned through the program not to put that type of pressure on myself.** So, I focused instead on continuing to lose weight in small increments. I used to be size 20 and have since dropped to size 14.

The most significant change for me was that I used to view food as the enemy, but the program taught me that food is the fuel needed to get active and lose weight. As a result, I'm more productive than I have been in years. Before Restore, I would sit all day at work, go home, and then sit more and watch TV. Now I prioritize my health and make it a point to get up and move throughout the day. A year ago, I couldn't walk a block or ride my bike because my knee would kill me. **The weight loss made all my knee pain go away, and now I'm walking up to five miles a day.**

One of the best compliments I have received is from my family. My daughter and husband tell me every day that they are just so proud of me for sticking with the program, for getting healthier, and for overcoming my medical issues. They said, **“We want you to be here for a long time, and you are doing the things that will allow this to happen.”**

**Restore has changed my life.** It made me believe that I can do it, and it guided me to get there. For anyone just starting on the Restore program, you will experience how it helps you do the best you can. Give it a chance. Stick with it. **Just keep going.**