

Marcus was so positively impacted by RestoreHealth that he inspired his family to sign up for the program. The biggest win: he no longer needs his blood pressure medication!

Marcus enrolled in RestoreHealth as a way to reduce his high blood pressure and to lose weight. He was an avid runner and struggled with an injury where he had to take a few months off. During this time, he started gaining weight.

As soon as he could start running again, he knew he could stay disciplined with an exercise routine, but felt he could improve in other areas of his life with the support of a health coach.

Years ago, he tried other weight loss programs that focused on portion control, and it did not work for him. With RestoreHealth, he learned that allowing himself small treats here and there was better than denying himself foods he enjoyed but weren't necessarily healthy.

The RestoreHealth program appealed to Marcus because it didn't just focus on diet and nutrition.

He wanted to learn how to become more patient and more disciplined in other areas of his health.

His coach was great and very supportive, but firm and direct. He trusted her guidance, and she kept him motivated, reaching his goal of reducing his hypertension. She gave him lots of tips on how to incorporate more protein with his meals. He noticed that by changing his diet, his endurance improved,

and he was able to run faster. **Marcus would not have been motivated to change certain habits without the help of his coach!**

Marcus found the app extremely useful for tracking his meals and exercise; the recipe and restaurant guides were handy as well.

His family members were inspired by his weight loss, enthusiasm, and improved energy levels that they also signed up for the program. **The most rewarding result of getting healthy was that he no longer needed his blood pressure medication!**

THE NITTY GRITTY DETAILS

	Before	After
Weight	200 lbs.	180 lbs.
BMI	27.1	24
Waist	38 in.	36 in.
Blood Pressure	136/86	115/78
Cholesterol	206 mg/dL	181 mg/dL
Triglycerides	222 mg/dL	103 mg/dL