

Randy feels he extended his life expectancy and has a lot more living ahead of him.



Randy enrolled in the RestoreHealth program the same day he took his company's wellness exam. **He recently had three different emergency room visits for elevated blood pressure and blood glucose levels, and it scared him.** That fear turned into motivation to start improving his health.

**The personal relationship Randy had with his coach was the main reason he was successful in the program.** Her encouragement, accessibility, and robust coaching techniques helped him change his unhealthy habits. His coach and his daily use of the app held him accountable, which he appreciated. Knowing she would see his weight, sleep, and meal logs kept him motivated to make better choices all around. **Part of being held accountable was submitting his daily blood pressure and glucose readings to his coach. It made a significant impact on maintaining his determination to lower those metrics.**

The most significant change he's made since starting the program was improving his diet. He used to eat fast food three times a day. Now he finds time to prepare meals at home. He also reduced the portion size of his meals and no longer snacks in between meals.

### THE NITTY GRITTY DETAILS

	Before	After
Weight	256 lbs.	220 lbs.
Blood Pressure	162/95	128/81

The supplied scale and Fitbit encouraged his healthy habits. These tools made him want to reduce his weight and sleep well, knowing his coach would continually see the results.

Randy significantly reduced his weight as well as his blood pressure and blood sugar levels. His goal was to weigh 218 lbs. which was his weight when he served in the air force. He and his coach created the nickname "Air Force Randy" when he achieved 220 lbs. **Lowering his blood pressure and blood sugar levels made Randy feel more energized. This helped him be a better employee, which was one of his goals**

The most rewarding part about getting healthy is that Randy feels he has extended his life expectancy. He turned 60 recently and feels he has a lot more living to do.