

Sydney developed skills for a healthier lifestyle. Because of the changes she made, she is no longer pre-diabetic and no longer struggles with PCOS.

As someone who was overweight, pre-diabetic, and suffered from Polycystic Ovary Syndrome (PCOS), Sydney's primary goal was to overcome these conditions with the help of her RestoreHealth coach. Secondly, she wanted to gain the skills and knowledge to be healthier on her own.

The Blue Shield of California Wellvolution Survey matched her with the RestoreHealth program. **What stuck out to her about the program was the one-on-one coaching, the included devices that tracked her progress, the health education content, and the easy-to-follow format of the program.**

Working with her RestoreHealth coach was crucial for keeping her accountable. Sydney learned how to use the nutrition guide for structuring her daily meals. **Preparing healthier, low carb meals is now second nature to her. The lessons also provided her with excellent information on how to handle stressful situations as well as discovering creative and easy ways to be less sedentary.** The best thing she learned was how to respond to offers of unwanted food in social situations.

The most significant changes she's made on this program is her relationship with food and being more active. **Because of these changes, she is no longer pre-diabetic and no longer struggles with PCOS. Her confidence and self-love have improved as well.** She felt good about buying a bikini – something she never felt comfortable wearing before.

THE NITTY GRITTY DETAILS

	Initial	After
Weight	218 lbs.	199.7 lbs.
Sydney's most recent weight:		192.3 lbs.

She's excited to continue with the self-directed phase of the program. She feels confident and well equipped with all the tools she needs to maintain her health journey. Her mindset has completely changed, and she feels like a new person.

Her advice to others interested in participating in RestoreHealth is, "when you first start, go slow, be consistent with tracking your meals, so you can be more aware of what you're eating and how it makes you feel." **She loves RestoreHealth and thinks everyone that needs it should be on the program. It's so much more than just a diet. The education you get from it changes your life!**