



Success Story Title:	Clearly Better
Location	Huron County Health Department
Focus	This success story demonstrates the <i>rock in a pond</i> theory – how success in one area can have a ripple effect in helping to create and maintain healthy lifestyle change.
Strategy	With the help of her Lifestyle Counselor, WISEWOMAN Gail Lyons learned about the importance of whole grains in her diet. This information helped her make some <u>simple, small</u> changes in her diet and daily physical activity. Those small steps have led to big changes in her health and her appearance.
Outcomes	After just one year, Gail now has the blood pressure of a child, a normal BMI, and has lost a total of 23 pounds (3 pant sizes)!! And she now looks “absolutely amazing” in a bathing suit!

Story Submitted By	Mary Thrushman, LPN, Program Lead (on behalf of WISEWOMAN Client Gail Lyons) Huron County Health Department 1142 South Van Dyke Bad Axe, MI. 48413 (989) 269-7921 x182 mthrushman@hchd.us
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For more information about the Michigan WISEWOMAN Program go to
<http://www.michigancancer.org/bcccp/wiseWomanProgram/index.cfm>

CLEARLY BETTER

Submitted by:

Huron County Health Department on behalf of WISEWOMAN participant Gail Lyons

It all started with my first meeting with Mary Thrushman. She is kind, warm and very informative. The first time we met, I learned that my eating habits had a lot to be desired. I thought I was doing well with plenty of vegetables and lean meats.

My blood pressure was good, my cholesterol under dangerous levels. I even looked good in a bathing suit. What did I need to make changes for? But then I learned that my BMI was considered in the obese range. That rocked me hard. I truly thought I looked good for my age, especially after having two children just a year apart.

Then the shocker happened. I learned that I wasn't even eating the proper bread with my tuna sandwiches. I misinterpreted the labels; cracked wheat isn't the same thing as whole wheat. I started to add whole grains where I could, like whole wheat pasta, rice and bagels. What a difference that choice made in making me feel full. Then simple things like drinking the pineapple juice whenever I cooked with pineapples. There was another fruit added into my diet. It was quite simple to make small changes.

I was feeling good about making these changes and thought a little more exercise would improve my muscle tone. So I started parking as far away from the store as I could. Then I started hanging the clothes on the line in the backyard. Finally, I went for a walk on the beach, in the woods or around my neighborhood as many times a week as I could.

It's been a year and my blood pressure is amazing, my cholesterol is that of a child's, my BMI is normal and I've lost a total of 23 pounds. That means 3 pant sizes!!! I wear the same size as my sixteen year old daughter. It also means, most importantly, that I've finally learned not only to be healthy, but to eat healthy. I eat twice as much as I used to and continue to maintain my weight loss. It's all about choosing the right foods. My children have followed with these changes also. They would not dream of grabbing a loaf of white bread in the store!

I might have looked good in a bathing suit before but now I look absolutely amazing!