



Success Story Title:	A Picture is Worth a Thousand Words
Location	Lenawee County
Focus	<p>Brenda joined our Saturday morning walking group after her first WISEWOMAN visit. She expressed concern about becoming a diabetic, or having a stroke or heart attack from her high blood pressure. But, what really motivated her was a picture taken of her sleeping on the couch (see below), and her “a-ha” moment at Meijers.</p> <p>She told of filling her grocery cart with a lot of junk food and finding herself at the back of the store, with no energy to push the cart to the front. She left it and walked out of the store, went to her car and broke down crying. She knew she lacked energy, and wanted to sleep a lot, but seeing the picture and having the break down, was her turning point.</p>
Strategy	<p>Brenda has made many changes. She no longer eats out. She uses the treadmill each day. She started walking and has worked up to 3 miles at least 3 times a week. Brenda joined our Saturday morning walking group and doesn't miss! Brenda also made changes in her diet. She added lots more fresh vegetables and fruit, started to use a smaller plate, and ate smaller portions.</p>
Outcomes	<p>Brenda has lost 28 lbs (see below)! I love to hear her tell our other walkers how she stood in Meijers, holding two 10-pound bags of potatoes, and said to herself, “this is why I was so tired, this is what I was carrying around.” Brenda says she has lots of energy now, and is motivated by hearing friends who notice her weight loss. It's been a big boost for her self-esteem.</p> <p>She encourages others to not give up, telling them, they won't lose right away, but once the weight starts coming off, it's really motivating.</p>

Brenda has her blood pressure under control, with the help of medications, and her latest blood work shows all other levels well with in normal limits.

Story Submitted By

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