



Success Story Title: Taking Control of Her Life

Location Muskegon Heights

Focus Hi my name is Patricia Tice. I am 54 years old, married with adult children. Here is my story.

I realized that I was heavy when I heard someone say “look at that fat lady” and it was me they were referring to. It made me take a good look at myself and I didn’t like what I saw. I then became unsure of how my husband really viewed me. He would tell me I was pretty, but I questioned it. I was overweight!!! I seemed to be sick with more colds and flu than others I knew who were not my size. It made me wonder if I was sick because I wasn’t healthy and was overweight. When I realized that no one else could change the way I felt and looked but me. I decided to take control.

I was diagnosed in 2007 with diabetes. My husband had been following a diabetes eating plan so I had him help me. I had a long way to go with change. I realized I needed to figure out why I was over-eating. I discovered that I am an emotional eater. Happy, sad, mad, scared, bored - no matter what emotion, I needed to have something to eat. Once I really realized this, I could change it and take charge!!

Strategy I started doing self talk in the mirror repeating “YOU HAVE TO STOP!” My heaviest weight was 247 lbs. I started watching portion sizes and paid attention to my carb intake. Walking became a pleasure and not a chore. I walk every where I go. On this journey I continued to see my WISEWOMAN Lifestyle Counselor and set goals to work towards. I took a chronic disease self management program that taught me a lot about diabetes and then I went on to teach.

Outcomes

I am happy to report that I have lost 62 pounds and have my diabetes under control. My lifestyle counselor asked me – “If you could give another WISEWOMAN any advice what would you say?” My response is – Take a look at yourself and change what you don’t like. You have the power. Have fun and design your own plan, one that works just for you. You’re worth it!! Exercise any way you can. The benefits are endless.

Story Submitted By

Callie Sierra, Lifestyle Counselor
Hackley Community Care Center
2700 Baker Street
Muskegon Heights, MI. 49444
231-733-6654
sierrac@hccc-health.org