



Success Story Title: Losing Inches

Location: Hackley Community Care Center (Muskegon)

Focus: To develop a plan that would help a WISEWOMAN client meet her goal of losing 15 pounds. Losing inches was an added bonus!

Strategy: When Claire Moore first met with Lifestyle Counselor Callie Talamantez (January 2009), she set a goal – to lose 15 pounds by following a plan of regular exercise. She decided to walk 30 minutes a day and work out at a local gym three times a week. When Callie saw Claire again in February she was still staying faithful to her exercise program. But when Claire returned in May she hadn't lost much weight and was very disappointed. She and Callie reworked her plan to include cutting 200 calories a day from her diet and increased her workouts at the gym to four times a week.

Although Claire was not losing weight, Callie suspected that she was losing inches. They took some baseline measurements in May of 2009. When Claire returned for a follow-up visit in August she had lost 2 inches in every one of her measurements (arms, legs, hips) except her waist! She had even lost 7 pounds!!

Outcomes: With some revised goals - including increasing her water intake and decreasing her carbs - Claire is continuing with her exercise regime. Callie has taught her three new exercises to incorporate into her routine and will be rechecking Claire's measurements again real soon. Stay tuned.....

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