



**Success Story Title: Her Love of Shopping Helped Her Lose Weight**

**Location:** Hackley Community Care Center (Muskegon)

**Focus:** Getting Healthy, Finding A New Purpose

**Strategy:** Mrs. C came to the WISEWOMAN Program in April of 2010. Her weight and her diabetes were spinning out of control. Desperate for change and longing for better health, she said “This is enough! What can I do?”

Her weight in April was 274. Her HgbA1c was 8.1, total cholesterol 161, and triglycerides 169. Her goal was to lose weight. She decided to not eat beef or pork and instead eat fish and chicken. She started eating fruits instead of sweet pastries. White rice, white bread and pasta became a thing of the past. From now on it was whole wheat and brown rice. Her love of shopping became her exercise. She walked the stores and actually found herself doing way less shopping and a lot more walking. Now she shops on an as needed basis but walks the stores to better her health. She has also struggled with depression from time to time but has found that setting boundaries with her family and taking charge of her life has made a positive impact on her depression.

We also offered Mrs. C the opportunity to take the Living a Healthy Life with a Chronic Condition workshop that is focused on diabetes. She attended the workshop and loved it! She said it was so informative and it showed her she was not the only one who struggles with a chronic condition.

We saw something in Mrs. C. She had a gift for helping others and she really cared about people. We sent her to become a trained facilitator to teach the workshop. She will be offering her first in January and is very excited!

**Outcomes:**

In addition to becoming a trainer, Mrs. C has many other reasons to be excited. Her weight and labs were done in November and here are the results:

Weight 247 she has lost a total of 27 pounds!!

HgbA1c is down to 7.6

Total cholesterol is down to 152

Triglycerides are down to 87

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