



---

<b>Success Story Title:</b>	Tools and Teamwork
<b>Location</b>	Huron County Health Department
<b>Focus</b>	This success story demonstrates the importance of developing a strong support system when making the decision to get healthier.
<b>Strategy</b>	Janice Haacke set three goals during her initial WISEWOMAN visit: 1) journal her food and exercise, 2) eat more fruits and veggies, and 3) lose 50 pounds! Knowing that she is an emotional eater Janice put together a team to support her in her efforts. That team included WISEWOMAN staff Tristan Laursen, Nancy Hunt, Shannon Hessling and Mary Thrushman and her friends Lynne, Cheri and Julie. She and Lynne talk on a regular basis and Cheri and Julie either call or text her daily. Janice also records her food in her online diary ( <a href="http://myfooddiary.com">myfooddiary.com</a> ) and uses it to plan out her snacks and meals, which help keep her focused.
<b>Outcomes</b>	At this point, Janice has lost 35 pounds and continues to use her online diary to stay on track. Janice urges others to “tell as many people as you can about your goals. It really helps me to stay in contact with Lynne, Cheri and Julie.” She also recommends putting yourself in challenging situations so you can learn to stay focused on your goals. “I feel so much stronger knowing I have choices and am in control of my goals,” says Janice.
<b>Story Submitted By</b>	Mary Thrushman, LPN, Program Lead (on behalf of WISEWOMAN client Lynne Downing) Huron County Health Department 1142 South Van Dyke Bad Axe, MI. 48413 (989) 269-7921 x182 <a href="mailto:mthrushman@hchd.us">mthrushman@hchd.us</a>

---

*For more information about the Michigan WISEWOMAN Program go to <http://www.michigancancer.org/bcccp/wiseWomanProgram/index.cfm>*