

Mrs. Williams

55 y/o female with PMH of Type 2 DM and HTN is looking to adopt a healthier lifestyle after her sister recently suffered a heart attack. Denies smoking, alcohol, and drug use

Social Hx: Manager of a travel agency, lives with husband, and watches her 2 grandchildren in the evenings and on weekends

Diet:

Goal: Improved glucose management and better cholesterol levels

- Current breakfast:

- Weekdays: cereal and milk, with occasional donut and coffee on the way to work
- Weekends: eggs, bacon, potatoes, toast, and waffles

- Recommendation:

- Eat egg whites ONLY, as egg yolks are high in cholesterol
- Instead of cereal and milk, try oatmeal w/ almond milk and berries
- Cut out the morning donut and opt for a banana instead for fuel
- Instead of coffee, opt in for a morning tea or blend a smoothie
- Try turkey bacon instead of regular bacon
- Keep the potatoes in the morning since they're a great sources of antioxidants

- Current lunch: For work – Halah food, pizza, McDonalds (less than twice a week), and occasional snacking

- Recommendations:

- Best option – bring home-cooked meals (like leftover food from the previous night)
- Eat a protein bar with Greek yogurt and a protein shake on the side
- If eating at usual restaurants:
 - Halah – Ask for a smaller portion of rice (high in carbohydrates), add more salad, and avoid heavy sauces
 - Try chipotle as a healthier alternative
 - Pizza – Try out the veggie toppings with less cheese and thin crust
 - McDonalds – Go for the salad or chicken wraps

- Current dinner: Chicken from the market with some sides, soup and bread, occasional baked ham w/ candied yams and green beans

- Recommendation:

- Get rotisserie chicken from the market w/ steamed vegetables like broccoli or spinach on the side
 - If possible, remove the skin before eating to reduce fat intake
- Buy frozen vegetables
- Opt for sweet potatoes instead of candied yams

Exercise:

Goal: Weight loss

- Past history:

- Biking, dancing, competed in a double-dutch competition

- Current:

- Can walk on low level with ease
- Struggles with climbing multiple flights of stairs

- Recommendation:

- Treadmill:

- Start walking on flat surface for 20-30 minutes, 4-5 days a week
- Slowly transition to walking on an incline, while also increasing the duration and intensity over time, to help build better stamina
- Incorporate her previous passions with her grandchildren
 - Teach them how to bike
 - Play double-dutch together
 - Don't have to be the "jumper" per se. Swinging her arms around is still a form of exercise
- Join a dance fitness class, specifically those that target the senior population
 - Great way to stay active and socialize