

MEMBER JOURNEY

“I am not only healthier for me, but for my family’s sake as well.” -Carol, Restore Member



My name is Carol and I am 52 years old. Through the Restore program and working with Coach Kerry on nutrition, **I no longer need medications for cholesterol, triglycerides, and blood pressure.** Getting my blood work results down, for me, has been my biggest success.

I don’t see Restore as a diet program, but an overall health plan. People can change the way they eat, but if they don’t address their whole life, and don’t control their stress or sleep, the lasting health effects can be catastrophic.

The changes I have made in my diet have changed my lifestyle to where I no longer see it as a change, but just as a regular part of my daily life. I am at the point where I can eat healthy, and if I go off-track, I feel the difference in my body. But with my confidence and energy, I can and will get right back to my normal healthy routine.

I have lost 30 lbs since the start of the program and I am now in the maintenance phase. People often say they didn’t even recognize me at first and ask how I did it.

THE NITTY GRITTY DETAILS

	Before	After
Weight	164 lbs.	134 lbs.
BMI	26.0	21.0
Triglycerides	172 mg/dL	128 mg/dL
Blood Pressure	131/87	122/80

I no longer come home and just sit on the couch. I am doing more and keeping at it year-round. **I don’t take naps anymore because my energy level has improved and I am no longer as mentally drained as I used to be.**

Not only do I have more energy, but I now know how to handle stress much better. Before the program, I was notorious for getting caught up in the moment and being stressed easily. I’ve learned how to stop, assess the situation, and manage through it without it taking a toll on my health. **I can now say I’ve become more easy-going.**

I love that my family has now adopted my new-found healthy eating habits. I taught my daughter about replacing some of her carbs and showed my young granddaughter more ways to eat vegetables rather than always going for pasta and cereal.

My kids comment, “Mom’s healthier, happier, not as moody, and able to travel.” I want to be around for my grandkids for a long time and that is why I went through this program and what kept me motivated throughout.

I can now fit into size 10 jeans having worn size 18. The most rewarding part is this program has given me a chance to live longer and I’ll most likely be around for my grandkids. Through getting healthier, it is a lot easier and more realistic for me to travel to see my family. **I am not only healthier for me but for my family’s sake as well.**

The Restore program helped me change the numbers on my scale, but more, it helped me change how I feel about myself as a person, and that has changed my life. My doctor visits are now a breeze. They are amazed at what I’ve accomplished and have said to me “you go ... you got this.”