

Success Story



Meet Adam

Adam is in his mid-50's and for many years didn't pay attention to his health. He never worried about exercising and never thought twice about eating large portions, fast food and "whatever" was put in front of him. In May of 2018, Adam decided to take control of his health and address his worsening biometric values. Adam engaged in the CARE program where he has learned to look at food in a different way and incorporate exercise into his daily routines.

The CARE Program coach has encouraged Adam to learn different ways to measure success instead of always focusing on the scale. Through the CARE Program, his coach helped him recognize and celebrate his success along the way. By celebrating all the changes, Adam stays motivated to stick to the long-term plan and continues to lose weight. Now he reports feels stronger than he has in a long time. The CARE Program Coach has helped Adam see the value in short term goals as part of the journey towards his long-term health and well-being. Adam feels that the support his coach provides has been instrumental to his success.

Care Plan/Goals

Adam and his coach developed the following goals:

- Make better food choices
- Reduce blood pressure
- Lose weight

Action Items

His coach assigned the following action items:

- Increasing daily activity gradually
- Weekly Meal Planning

PROGRAM OUTCOMES FOR ADAM



Better Food Choices



Lost 40 lbs



Reduced Blood Pressure



Reduced Blood Glucose values

