



“I STARTED FEELING REALLY GOOD!”

MEET KARRI

Karri is no stranger to weight loss programs. She bounced between various methods from shakes and bars to tallying points, none of them giving her long-term results. Karri signed up for Lean for Life, a weight loss program provided by HealthCheck360. Partnering with Coach Shelby, Karri was empowered to make some big changes in her wellness journey.

THE CHANGES

Karri gained knowledge on food and nutrition, like the impact of sugar on her health, and the “whys” behind good eating. Coach Shelby redefined wellness for Karri and helped her learn to celebrate the small successes. Karri would rather spend time outside than in the gym, so she connected her FitBit device to the HealthCheck360 website to track her steps and sleep, in addition to water and food.

A GOAL REALIZED

Karri lost 65 pounds on the Lean for Life program. She stayed motivated throughout the program because she saw significant weight loss right away and knew what she was capable of doing. Karri states that “I believed in myself, had the right resources, and someone to really listen to me.”

THE FUTURE

Since completing the Lean for Life program, three more people in Karri’s life have been motivated to start. She is enjoying the opportunity to pay it forward and help motivate and inspire her family and friends to try new foods and focus on a positive outlook. “I didn’t know how poor I felt, until I started feeling really good,” Karri says. “If I can do it, anyone can.”