



“DON’T QUIT, IT GETS EASIER”

MEET MARK

Sometimes, you get a wake-up call. Mark had his first biometric screening with HealthCheck360 in 2016. It was immediately clear to Mark that there were areas of his health he needed to improve. The personalized HealthCheck360 report gave him an overview of his health in a way that was easy to understand. He connected with the coaches at HealthCheck360 for additional support and began a journey to improve his health.

THE BEGINNING OF SOMETHING GREAT

We usually know who the offenders are. Mark began adjusting his diet by removing sugar, cutting back on alcohol and incorporating more natural foods. The first few weeks of diet changes were challenging, but Mark pushed through and the strong cravings and desire to eat processed foods diminished.

He also pulled his stationary bike out of retirement and started to exercise again. After his first 30 minute ride on the bike, he was completely exhausted. Mark stuck with it, and gradually spent more time in the saddle. Soon he was thriving. Mark tracked his exercise to keep himself motivated and clocked an impressive 3,580.7 miles on his bike in 2018!

COMMITMENT BRINGS RESULTS

After making these changes and losing an incredible 70 lbs, Mark’s old clothes no longer fit. He sleeps better, has more energy, feels stronger and finds exercise to be the perfect stress reliever. When asked what advice he would give others, Mark offered “Don’t quit, it gets easier.” Mark continues to exercise 6 days a week on his bike and uses weights for strength training. He’s enjoying the healthier food and drinks plenty of water. Mark has improved his health score by 22 points and feels better than ever. “It takes time but the key is to stay committed, Mark adds.