



“ANYBODY CAN DO IT!”

MEET VICTOR

Active children, a great support system, and the HealthCheck360 program came together to motivate Victor in making positive changes for his health. Three years ago, Victor made a commitment to lose 50 pounds. His family was eager to help and purchased a gym membership for him. Victor explains, “My children were tremendously important in my journey towards a healthy lifestyle.” All four are in their twenties and he wants to be able to take part in physical activities with them, like his son’s running club.

THE CHANGES

In addition to exercising daily, Victor changed his diet by avoiding processed foods and soda and focusing on eating whole foods, protein, and vegetables. Victor’s HealthCheck360 Health Coach, Chad, was able to give him tips for continuing his progress and achieving optimal health. Coach Chad provided Victor with easy-to-use information on workouts, recipes, and healthy eating ideas. In addition, Chad was another layer of support for Victor, helping him stay on the right path.

THE RESULTS

Victor has lost 85 pounds. In addition, to weight loss, his resting heart rate has dropped from 62 beats per minute (bpm) to 44, he is off all of his medications, and has eliminated chronic lower back pain. The best improvement for Victor is now he is able to join his kids in activities like hiking and running.

VICTOR’S ADVICE

When asked what advice Victor has for others, he said, “Anybody can do it! You have to make the decision to do it first. Don’t kid yourself, you know what you need to do. Get a friend to help”. Victor is no longer limited by his health. He is enjoying a vibrant life with those who matter most.