



“DON’T GIVE UP”

MEET JESSICA

Jessica started her health journey in 2018 after receiving a low score on her HealthCheck360 biometric report. She knew as a young woman in her 20s, she should not feel sluggish and unhealthy, and have aching pains. “I thought to myself, I don’t want to feel this way,” says Jessica. This was the start to breaking unhealthy habits and establishing a new way of life.

THE BEGINNING OF SOMETHING GREAT

Before Jessica began making lifestyle changes, she never ate fruits and vegetables. Jessica slowly started to add fruits and veggies into her diet, swapped the burger and fries for fresh salads, and ditched the soda for water. She also started cooking at home instead of hitting the drive-thru. Jessica also incorporated exercise into her routine. She started by walking and jogging on the treadmill and then began lifting weights with her friends after work. “I started slow with the weights, just doing what I could handle,” she says.

A HELPING HAND FROM FRIENDS

Jessica’s friends play a major role in her ongoing success. They meet at the gym every night after work. “The gym is intimidating and my friends have helped me learn how to use the machines and feel more comfortable,” she says. Her friends help her stay motivated and push her to keep going when she’s struggling.

MIND OVER MATTER

Jessica is feeling great and has made major improvements to her health score. “I was shocked when I received my score this year,” she says. Her improved health is proof that her hard work is paying off. “Don’t give up! It takes time, but it’s worth it,” says Jessica. “I remind myself that it’s mind over matter,” she adds. These days Jessica no longer has aches and pains, her energy has improved, she has a healthy routine, and she’s well on her way to accomplishing her long-term goals.