



“ACTIVITY IS NO LONGER A STRUGGLE!”

MEET LORETTA

As a chronic pain sufferer, Loretta has found a way to stay active and take control of her health. Her employer, Crossing Rivers Health, offered Loretta the opportunity to learn her health status through the screening program and work with a health coach on her specific risks. Loretta has improved her health through dedication and lifestyle changes.

THE JOURNEY

Loretta struggled with chronic pain in her neck and back, which kept her sedentary and from feeling like her best self. She was inconsistent with exercise, but with the help of her health coach, decided to commit to working out 3 days a week using kettle bells and body weight exercises. The beginning was not easy! Loretta describes the exercise as “torture” during the start of her journey, but she pushed through. Today, Loretta is stronger than ever.

THE MINDSET

Loretta has learned living a healthy lifestyle is a commitment to time and planning. Her motto is “Make time for wellness now or sickness later.”

THE REWARD

Through exercise and balanced eating, Loretta has improved her BMI, liver enzymes, and glucose levels. Best of all, her chronic pain has reduced significantly, and Loretta is now enjoying motorcycle riding and hiking with her family.