



## “I FEEL FREE NOW!”

### MEET ANGELA

Angela’s health journey started at the beginning of the COVID-19 pandemic. When Angela’s children expressed concern about her health and what might happen if she contracted the virus, she used this as her motivation to make changes to her life and improve her health and overall well-being.

### READY FOR CHANGE

Angela started looking for ways to improve her nutrition. She learned how to read labels, prioritize protein, and drink plenty of water. Angela focused on making small, realistic changes to help facilitate lifelong behavior change. Angela enjoys submitting exercise plans, healthy recipes, and meditation sessions to her myHealthCheck360 account to earn points and stay motivated. “I really wanted it to be a new lifestyle and not just a diet,” Angela says. She removed processed foods and began cooking all her meals at home. Angela experiments in the kitchen with different healthy ingredients and has made healthy cooking and baking a mission for her family. “We even put in a garden to grow our own veggies this year,” she adds.

### FREEDOM

Angela sleeps better, her acid reflux is gone, her joints no longer hurt, and she has more energy. “I’ve gained so much freedom with this lifestyle change,” says Angela. “I used to miss out on a lot of things, but now I can go hiking with my family, bike with my grandkids, and I feel free,” she adds. Angela slowly inspired her husband to join her health journey. He’s lost 50 pounds and they continue making healthy changes, together. They also enjoy getting their grandkids involved. Angela and her husband invested in bicycles so they could take their grandkids to the lake to be active. “It’s all about improving your life and giving hope to your family,” says Angela.

### A BETTER LIFE

Angela has lost a total of 77 pounds and plans to lose more. Most importantly, she knows this is her new life now. “I’m going to be here longer and I’m going to have more time with my children and grandchildren,” says Angela. “You really have to change your mindset, know you can make your life better, and that you can expand your life by doing this,” she adds. Angela is on her way to inspire more people, spend many years with her family, and live her new life to the fullest.