



“BE PATIENT WITH YOURSELF”

MEET DAVID

In the past, David has struggled with his health. His weight would go up and down, his activity was inconsistent, and he was finding it difficult to make progress that would stick. With his daughter’s wedding last year and having a close friend pass away, David knew he was at a crossroads. “It made me think, I really need to take care of myself,” says David. Starting in December of 2020, he set out to take control of his health and be healthier by his 50th birthday.

PLANNING IS KEY

David’s first step was setting realistic goals for himself. His goal was to walk 3 miles, at least 7,000 steps, and do at least 30 minutes of activity each day. David accomplishes his daily goal by simply walking! He purchased a body composition scale to track his progress and invested in gear allowing him to walk comfortably in any weather, especially his favorite mountain bike trails near his home.

WALKING THE WALK

Staying active increased David’s energy, improved his sleep, and helped him find a new way to relieve stress. “If I have a stressful day, I get off work, go for a walk, and feel really good afterward,” says David. “I love getting outdoors. It helps clear my mind,” he adds. David also watches his calorie intake, food portions, and limits carbs while adding in more vegetables. David uses his fitness device and the myHealthCheck360 mobile to help track his nutrition and activity. He even won a \$200 gift card from his company’s wellness program!

COMMITTING TO A BRIGHT FUTURE

Even though David’s past health history doesn’t allow him to do high-intensity exercises, he focuses on what he can do. “No matter what your physical capabilities are, just take baby steps,” says David. “Be patient with yourself, start small, and take it one day at a time,” he adds. David’s lost 22 pounds and almost 10 inches, and he is well on his way to being healthier by 50.