



“JUST GET MOVING!”

MEET JOHN

John was disappointed with his score when he received his HealthCheck360 results from his biometric screening. John ate fast food nearly every day for lunch and by the time he came home from work, he had little energy to play with his two young daughters. He knew something had to change.

SIMPLE STEPS

As part of his company’s incentive, John started working with Coach Katie Jo to adjust his diet and start exercising. Instead of fast food, John would grab veggies and hummus at the grocery store by his office. To get moving, John simply turned off the TV and went for a walk. With Coach Katie Jo checking in with John, he had someone to hold him accountable to keep going.

STARTING TO THRIVE

John’s energy has increased tremendously. “I can’t sit still now!” he says. He’s also sleeping better and has lost around 30 pounds. John relies on his Fitbit to keep him on track each day to hit 10,000 steps, 5 miles, 10 flights of stairs, and 30 minutes of activity. Not every day is perfect, but he knows all the small goals add up. As for the fast food, it’s a habit of the past. “I can’t even remember the last time I ate fast food,” John says.

A CHANGE FOR LIFE

It’s safe to say John is now keeping up with his two active daughters. They visit the park close to their home often and John’s wife has increased her activity as well. John’s healthy changes have had a positive impact on the whole family. John has lost weight in the past but it never stuck. This time it’s a change for life.