



“COACH SHELBY IS FANTASTIC!”

MEET SUSY

After a stressful move from San Francisco to Denver, Susy had fallen off course and wanted to get back to a healthy lifestyle. She knew she needed to make some changes and felt ready to take the challenge on with some help from HealthCheck360.

THE RESOURCES

Susy started working with Coach Shelby, who gave her the support needed to reach her goals. Checking in with a Coach held Susy accountable and motivated her to keep going. Susy also started tracking her diet and exercise on myhealthcheck360.com, which allowed her to see where she needed to make improvements. Tracking her food helped Susy control her portions and kept her mindful of her eating habits. To help her get physically fit, Susy began attending a Pilates class twice a week, incorporating cardio, and hiking or snowshoeing on the weekends. She also does small things throughout her day like taking the stairs any chance she can and choosing to walk instead of drive.

THE RESULTS

Susy has lost 13 pounds. She's feeling great, her clothes fit better and she has more energy. Along with Coach Shelby's support and tracking her food and exercise on MyHealthCheck360, Susy is feeling better than ever!

TIPS FOR SUCCESS

Cutting sugar made a huge difference for Susy. She doesn't buy or keep anything sugary around so she's not tempted to indulge. She has an apple in the afternoon to satisfy her sweet tooth, give herself a lift, and it will keep her full until dinner. She also follows a rule of not allowing herself to gain over 5 pounds. "It's hard to lose a lot of weight so keep yourself within 5 pounds," she says. For Susy, it's important to stay mindful to ensure she's not gaining without realizing it. Working with a coach was extremely helpful for Susy and Coach Shelby is always just a call or email away.