



**Name: Sam Fifer**  
**Agency: OCIO**

**I was diagnosed with type II diabetes a couple of years ago and could never find a way to control it. I was getting closer to having to take medication to treat it, and didn't want that to happen. After gaining close to 100 pounds, I decided it was time to get serious with my life and my health. When I started, I weighed 250 pounds. I have now gotten down to 185 pounds and I have lost a total of 65 pounds in approximately 9 months, since I started working out.**

**My goal is 150 pounds. I have been through INSANITY® four times, and am currently doing P90X® (a round is one time through the program). After that, I plan on doing INSANITY: THE ASYLUM®, and then a hybrid of all three workout programs.**

**I have stopped eating (any) fast food, started eating fruits, vegetables and watching my caloric intake. There are a lot of things we eat in this country that we shouldn't. Just eating the right food and cutting out the junk will take you a long way.**

**Being active is also a key component. There is no magic bullet. You can't just take a pill and get healthy, you must get active.**

**The quality of my live has improved dramatically! I now have much more energy and endurance, close to what I had as a teen.**

**Through diet and exercise, I have been able to reverse my diabetes. Although I will always have the disease, I have effectively 'cured' myself through my motivation and desire to be healthy!**

**I have made this change without the help of any program or coaching. I have been very self-motivated. Some people need a place to go for guidance and motivation. Because of this, I think the state wellness program is a very valuable service.**