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When I went to the doctor for a routine physical exam, I found that my triglycerides were extremely high (414). I was also told I was borderline diabetic. My knees and my back had been hurting a lot and I was out of breath all the time from even simple tasks. I decided that I needed to do something about it. I needed to get more active and lose some weight.

The first thing I did was to change my eating habits. I lowered the amount of carbohydrates and fats in my diet. I also increased my physical activity by increasing my cardio exercise. I now ride a bike at least four to five a week for about an hour each day. I utilize the wellnesoptions website to track my workouts. The tracking logs help keep me on track and help me to be accountable for my exercise program. Finding an exercise that you enjoy or working out with a friend can really help keep you motivated.

I have lost 30 pounds so far and am working to lose another 25 pounds. I feel much better already. My knees and back hurt less and I can breathe easier. I have more energy and stamina than before. I would recommend to anyone that needs to drop a few pounds to try to lose some weight by eating healthier and exercising regularly.

