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I started my lifestyle change in September, 2012. I weighed 175 pounds, smoked, and was out of shape and turning 50 this year. I joined the gym in September and by mid-October I had lost 8 inches and dropped a jeans size. No weight loss yet however, as I was gaining muscle. In January of 2013, I started eating healthier and lost 10 pounds in two months. Mid-January, I made the decision to quit smoking. I have been smoke-free since February 26, 2013!!

This change has impacted my blood pressure. I have had high blood pressure for at least 11 years or more. I have maintained it with medication and it was always above the 120/80 range. With the changes I have made, it currently runs 110/64 or around there. I am still on medication, but hope to be off of it someday soon. I'm breathing better and just feel better overall! Even jogging on the treadmill!

I can't say that any "one thing" prompted my life style change. Like I told my Wellness Coach, Michelle, "I am going through my mid-life crisis, for the good."

I enjoy talking to Michelle, my Wellness Coach. She always has great ideas for me to try if I am struggling with something, i.e., weight loss, smoking, working out. The Wellness website, wellnesoptions, is also a very valuable tool for any health issue you want to work on. My overall health and feeling good about myself, improves every day.