



“After my back surgery. I realized that I wanted to get healthier and get off some of my medications and increase my activity.”



AMY MUELLER, AGE 47

Amy was taking medication for: Pre-Diabetes, Hyperlipidemia (High Cholesterol), Hypertension (High Blood Pressure), Back Pain and Fibromyalgia. She had back surgery and was unable to work, but has recovered and returned to work with no back related issues.

Starting Weight: 186

Current Weight: 144

Starting Total Cholesterol: 253

Current Total Cholesterol: 234

Starting Triglyceride: 475

Current Triglyceride: 112

Amy is off all prescription medications and only takes the supplement Melatonin in the evening for relaxation and sleep.



I realized that **sugar was one of the things that was a challenge.** I was drinking lots of sweetened tea and having soda. **One of the goals we set was for me to reduce sweetened beverages and drink more water.** We talked about being mindful, about staying hydrated with water and trying to have at least 6-8 glasses a day. **I have achieved that goal.** Other than having 1 cup of coffee in the morning, water is my beverage of choice.



Having my Nurse Health Advocate, Carolina, guide me in goals and suggest small steps that turned out to give me bigger results was key. The contact and positive reinforcement from her was a big contributor. Also, she pointed out to me about being patient and knowing it was going to take time to feel better and just **keep going and be consistent in my changes.** Another big support system for me was my husband.