

# L.E.A.N. 4 Life

The L.E.A.N. 4 Life fitness and nutrition program provides employees the opportunity to make healthy lifestyle changes by engaging in regular physical activity and making sound nutritional choices.

A new session of L.E.A.N. 4 Life will begin soon. Classes are forming for the Fall semester.

To register, contact:

Laurel Lingle at 622-9124  
laurellingle@barrettlinerco.com

## Lifestyle Education

Seven group classes will encourage participants to make healthy lifestyle changes and build camaraderie.

## Activity

Participants will be given a three month membership to LifeTime at MRMC. Participants must log at least 3 hours of exercise (at either LifeTime or one of the MCPS group fitness classes) per week to remain eligible for the program.

## Nutrition

Participants will receive three counseling sessions with a certified nutrition specialist. Each participant will get an individualized nutrition plan based on personal needs.

## Eligibility

- All MCPS Employees
- Adult dependents covered under the MCPS Insurance Plan
- Retirees covered under the MCPS Insurance Plan

*There is a registration fee of \$25.00 to participate in this program.*

*Check out Kathy's success story on the next page!*

*Participants who successfully complete the L.E.A.N. 4 Life program will be invited to attend L.E.A.N. 4 Life - Part 2.*

## ~ Success Story ~



Kathy Queland (retiree) knew what it was like to struggle with health issues as a result of her lifestyle choices. At 38, she suffered a heart attack ultimately caused by poor nutrition and lack of physical activity. While it served as a wake-up call for a few years, she went right back to her old ways once her physician told her that her heart had healed. After years of eating out and over-consuming to cope with stress, Kathy felt terrible. She knew she

needed to do something...and she needed to do it fast.

When she and her spouse learned about the L.E.A.N. 4 Life program, they felt it was the answer to a new beginning. Immediately, Kathy appreciated the fact that she wasn't "dieting" or expected to be perfect with her food choices. Instead, the program encouraged her to make changes that could be maintained beyond the duration of the program. She also liked learning how to use food as fuel for the body, not as a means for dealing with emotion.

Although Kathy enjoyed sports and physical activity, a knee replacement and being overweight left her on the sideline. During the program however, she learned to love exercise again and found accountability in her spouse who also participated in the program.

As a result of the program, Kathy saw dramatic improvements in her overall health. She lost 21 pounds and had more energy than she'd felt in years. Most importantly though, Kathy's golf game has improved, which is making retirement all the more sweet!

