

# 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 with classes forming for the Spring semester.

To register, contact:

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## 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.

## Part 2 - Now Available!

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

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

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

***If you are interested in participating in L.E.A.N. 4 Life, you must be FULLY COMMITTED to the ENTIRE three month program!***

# Feeling Fabulous...again!

When Aretha Samuel (Legacy Elementary) was younger, she never even gave her weight a second thought. Naturally thin, Aretha ate whatever she wanted and didn't consider physical activity a priority in her life. Over time however, she noticed the pounds piling on year after year. Aretha's health was suffering from her poor lifestyle decisions as well. A steady diet of soda and potato chips led her blood sugar and blood pressure to creep into an unhealthy range. Fed up with feeling tired all of the time, Aretha knew she needed to make a change!

Last January, Aretha came across the MCPS Wellness Newsletter and read about the L.E.A.N. 4 Life program. Encouraged by one of the participant's testimonials, she decided to get registered and turn her life around. During the L.E.A.N. 4 Life program, Aretha learned the importance of reading food labels and making healthy choices throughout the day. Long gone are the days of skipping breakfast and high fat treats...now Aretha whips up a smoothie every morning and snacks on fresh fruit and veggies. And, instead of grabbing a soda when she felt sluggish, Aretha discovered physical activity was a great way to increase her energy level!

Since February, Aretha has lost over 45 pounds, dropped 6 sizes, and feels better than she did 20 years ago! More importantly though, Aretha is no longer at risk for developing Diabetes and High Blood Pressure!

Aretha's advice for others - "Make a life change for you and your health. Take advantage of the wellness classes... because they work!"



Before



After