

Programmed for Success

Cynthia Wyman used the support of a free program and a group of “sisters” to help her live life to her fullest potential!



Cynthia Wyman (MCPS Transportation) never got rid of her baby weight after the birth of her youngest child two years ago. As a mother of four, taking care of herself was generally the last thing on her mind. Limited physical activity and binging on soda and sweets led Cynthia's blood sugar to creep up to a prediabetic level!

Last December, Cynthia vowed to her bus aid that after break, she was going to turn things around. Fortunately, when Cynthia returned to school in January, she found out about a free program offered by the MCPS Employee Wellness Program through Florida Blue and the YMCA. *The Prediabetes Weight Management Program* was just what she needed to help her along the path to a healthier lifestyle. Cynthia started attending weekly health coaching sessions, tracking her food choices, and exercising regularly. Because of her busy schedule, she also started making healthy meals in her crockpot so she would have time to go to the gym.



During the 16-week program, Cynthia lost a whopping 30 pounds! Since May, she has dropped another 10 pounds for a total of 40 pounds since January. She continues to do Zumba, Crossfit, Spinning, and Pyloxing weekly. In addition to the support of the program, Cynthia and some of her “sisters” have created a private facebook page called *Sisters on a Fit Mission* for encouragement!