

# 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:

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.

## 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 Katresa'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!*

# Taking Control by Making Changes!

Unfortunately, Katresa Oats' (Saddlewood Elementary) battle with chronic disease began early in life. At the age of 14, she was diagnosed with high blood pressure. Then, after having children and gaining a significant amount of weight, Katresa was diagnosed with diabetes, heart disease, and sleep apnea. When the scale tipped 300 pounds, Katresa knew she needed to take control of her health before the doctor prescribed insulin to manage her diabetes.

Fortunately, Katresa was introduced to the L.E.A.N. 4 Life program at a back-to-school orientation meeting. Throughout the program, Katresa learned how to fuel her body by choosing nutritious foods that helped stabilize her blood sugar levels. She also began utilizing the free fitness membership to LifeTime Centers at MRMC. By sticking to her new nutrition plan and exercising regularly at LifeTime, Katresa started feeling better both physically and emotionally.

Katresa continues to use the strategies she learned in L.E.A.N. to keep on her journey to good health. Since starting the program, she has lost over 70 pounds and dropped from a size 28 to a size 16! Most importantly though, the lifestyle changes she has made have given her a new found confidence and outlook on life.



Before

After