

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 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.

Eligibility

- BMI >27 or Diagnosed with Prediabetes
- Poor Nutrition/Exercise Habits

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

See Kim and Kelly'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!

Sister Sister

Discover how two sisters used each other to overcome a family history of poor eating habits and inactivity to make a future for themselves.

Sisters Kim and Kelly (Forest High School) were raised in a family that used food as a reward and a source of entertainment. Unfortunately, that outlook on nutrition followed them into adulthood. Frequent trips for fast food, dining out for evening meals, and stress eating caused both Kim and Kelly to gain weight, which led to an array of health problems and low self-esteem.

Last summer (June 2014), Kim and Kelly decided they were sick and tired of being sick and tired, so they enrolled in the L.E.A.N. 4 Life Program. Through the program, both Kim and Kelly learned the best way to eat throughout the day without feeling deprived.

Kim said good-bye to daily trips for McDonald's breakfast and Kelly learned that moderation was key for enjoying her favorites like peanut butter. In addition to the overhaul they did on their diet, they both started attending water aerobics classes at MRMC's LifeTime Center. With the free membership (part of the L.E.A.N. 4 Life Program), Kim and Kelly also incorporated a resistance training program into their fitness routine.

After 6 months, Kim and Kelly have seen tremendous changes. Both gals have dropped over 25 pounds each and have gotten rid of their old, baggy clothing! Their doctors have been impressed with their changes and have seen major improvements in quarterly labwork. Most importantly though, Kim and Kelly have gained the self-confidence they need to keep up with their new lifestyle changes!



Kim Before

Kim After



Kelly Before

Kelly After