Better Me Wellness:
Realizing your Fitness Potential

“It’s night and day on how I feel. It was worth the effort”

Meet Larry:
Larry is an associate professor in the MMET department of the College of Applied Science and Technology. He and his wife emigrated from Venezuela to the United States in 2000. He has one son Salomon age ten years. Larry struggled with his weight for years. There is a strong family history of high blood pressure, diabetes and heart disease. Larry decided to participate in the annual biometric screening on campus. His lab work indicated he was pre-diabetic, his triglycerides were elevated and he had high blood pressure. He was placed on blood pressure medication by his doctor. Larry was very fearful of becoming diabetic so he reached out for help. Larry signed up for the PATH program (Proactive Approaches to Health) to gain access to services and resources to help him lose weight. A registered dietitian (RD) and personal trainer (PT) worked with him weekly.

Larry states “I feel better. I am no longer short of breath and can breathe deeply. My heart is getting oxygen. I sleep more soundly, feel more rested and snore less. I no longer have pain in my knees and joints going up and down the stairs nor do I need to lean on the railing for support or lean on my desk to get out of my chair.”. His current biometric lab values indicate he is no longer pre-diabetic, he no longer needs to take blood pressure medication, and his triglycerides are now low at 92. He has lost 40 pounds, lost 6.5% body fat, 8 inches around his waist, 11 inches off his hips, squats 320 pounds and bench presses 165 pounds. Larry’s wife has recently lost 10 pounds with Larry training her on exercise and the two of them planning and preparing healthy meals.

Metabolic syndrome is a cluster of conditions — increased blood pressure, a high blood sugar level, excess body fat around the waist and abnormal cholesterol levels — that occur together, increasing your risk of heart disease, stroke and diabetes.

Better Me Wellness is ready to help you achieve your goals.