Meet Careen:
Careen is a single mother of two children who works in the Treasury & Financial Reporting Services department at RIT. Careen has worked with the Better Me program to lose 76 pounds, 7 inches off her waist, 3 inches off her hips and improve her overall health. She is no longer pre-diabetic, no longer on medication for her cholesterol or acid reflux. “I used to start my workday at 9 a.m. and now I start my day at 6 a.m. I sleep better, have a lot more energy to start my day and I am able to participate in activities I used to do when I was younger such as running, cycling and hiking. I am going home and cooking meals for my family instead of getting take out. I never planned one day to another for meals and now I plan my meals and grocery shop weekly.”

“It is so easy to lose track of what you are eating and your activity unless you track it!”

According to the National Weight Control Registry members have lost an average of 15 pounds and maintained the loss for more than 5 years. To maintain their weight loss, members report engaging in high levels of physical activity (≈1 hour/day), eating a low-calorie diet, eating breakfast regularly, self monitoring weight, and maintaining a consistent eating pattern across weekdays and weekends.

Moreover, weight loss maintenance may get easier over time; after individuals have successfully maintained their weight loss for 2–5 years, the chance of longer-