Better Me Wellness

Preparing for Retirement: Health Improvement

"You just got to do it. Make the decision to do it and give Better Me a call."

Meet Sydney:

Sydney is the Assistant to the Associate Vice President for Academic Affairs at NTID. She has worked at RIT for 30 years. She is married, helps care for her 94-year-old mother, has two adult children and one grandchild, with another grandchild expected in June. “I wanted to get fit before retirement.” Her biometric screening indicated she had three risk factors for Metabolic Syndrome – elevated blood pressure, prediabetes and elevated cholesterol. She has a family history of diabetes. Her son was diagnosed with Type I diabetes at age 9. Sydney joined the PATH program (Proactive Approaches to Health). She met weekly with a registered dietitian and personal trainer, utilized the gym and attended aqua classes.

Sydney is no longer prediabetic. Her cholesterol and blood pressure are controlled by medication and her healthy lifestyle habits. Both biometrics are now within normal limits. She has lost 30 pounds and is down two clothes sizes. Her muscle tone, strength, flexibility and balance have all improved. “I am in a much better place than a year ago. I haven’t had allergy induced asthma episodes or bronchitis.” Sydney enjoys walking now; purchased a new bicycle last year and a kayak for the lake cottage this year. She is challenging herself to stay active and rewarding herself with new equipment to do so.

For those contemplating a change in their health, she states, “you just got to do it. Make the decision to do it and give Better Me a call.”