

With my health coach, First5, and me...

# I transformed my life!



"I'm on the right with my team.  
Not healthy, not happy."



**Kimberly Terry**

**Age 50**  
**Restaurant Kitchen**  
**Manager**  
TravelCenters  
Hebron, OH

"I'm very happy now."

## Kim's Story

I am so excited. We are opening our first Bob Evans restaurant here in Hebron on Monday. My life and career as a restaurant kitchen manager is demanding and nonstop, but at least I can handle it all now. I am back to work after months off for surgeries and recuperation, and finally feel on top of the world again. But it has not been an easy road.

I have had back and hernia problems for a while, and they really messed me up. I had surgery for a triple hernia last year and then months later needed back surgery as well. Sitting around, not moving, being in pain before and after my surgeries, I gained a lot of weight. I am short and was pushing 200 pounds. To say I was freaking out about it is an understatement.

## Ready to give up, I gave myself another chance with First 5

I was hurting so bad physically that I was at my breaking point. My back pain was so severe. I couldn't stand for too long without feeling the numbing and sharp pain from my shoulder blades to the tip of my toes.

I had been on our company's wellness program since I started with Travel Centers and had monthly coaching support. **But Dawn, my Strategic Health Services health coach, could tell I was in trouble, so she recommended the SHS First 5 Weight Loss program.** Dawn guided me through the different program steps of First 5. I followed the program guide and reviewed the weekly outline on the portal. I worked the program, and the program was soon working for me.

When I went back to work, I lost more weight and even saw a 7 pound drop in one week. I changed the way I ate, started drinking more water, and began a consistent exercise routine. The change has been amazing. (I've lost 18 lbs. to date since starting First 5 in November). **The First 5 program and my health coach have changed my life, my outlook, my health, and has simply transformed me.**

## Kim's Tips

**Do not fall under the control of depression.** You are in complete control. If you choose to sit, you will gain weight. Get up and move. Take the dog for a walk. *There are no excuses.*

**Stay away from fried foods and excessive red meats.**

**Talk to your health coach.** If you miss their call, call them back. If you are not using health coaching, you are missing out on extraordinary support.

**Get family members engaged with you.** Find a family member willing to help you through the process. You may end up helping them as well.

**Follow your physician's orders.** I did and the benefits keep coming.

## Learning the difference between hunger and boredom

I feel great after losing the weight. It keeps the pressure off my back and helps those muscles heal better. I have more energy and feel more stable. My diet includes a lot of fruits, vegetables, and water. My doctor was concerned about my bad cholesterol, which was a little high. Now, we are controlling it with diet, and all of my other numbers are good. Staying away from saturated fats helps. I still have 20 lbs. to go, and then I'll be at my goal.

I use an app on my phone to track what I eat. I've been able to curb the eating sensation and figure out if I am truly hungry or just bored. I learned to pause before eating and take a drink of water, rather than just mindlessly putting something in my mouth.



## Losing weight has been critical to my healing process

I was constantly hurting on my right side. Following my surgeries, I did 12 weeks of physical therapy to help stretch the sciatic nerve and get my strength back. My doctor wanted me to focus on my core muscles. I had to change a lot of things. As I also have the beginning stages of osteoporosis, I had to become a "dairy" fan and take vitamins to supplement my diet.

**Dawn has helped me expand my exercise routine based on what my physician recommended.** I can now do sitting and standing exercises without hurting my back.

## How coaching support has kept me on track

I started with health coaching 3 years ago to stop smoking. Then last year, while on the First 5 weight loss program, I spoke with Dawn every Tuesday. Once I went back to work, I then spoke with my coach every other week, and now we talk monthly. I'm still making progress on the continued coaching program. **Not only has it helped with my weight loss, but coaching has really helped me deal more effectively with family stressors.**

When I went back to work, many people noticed how much better I looked. I was not tired or stressed, and people were telling me how healthy I appeared.

I've worked in restaurants for 25 years and was the worst eater—bad habits, eating late at night. Now I drink water and curb my appetite. I have a cut off time at night. I don't look at my phone, and I don't sit and watch TV. I walk and move.



I thank Dawn, my SHS health coach, for her guidance and for getting me back to work! **I thank TravelCenters for providing the resources and invaluable support tools.** Neither my weight, nor anything else, is going to hold me back now.

My ultimate goal...to be able to ride my new bike. And, I can't wait!