Programs that helped the most

Health Coaching

"I've *reduced my medicine*, *lost weight* and *feel happier*."

—Daisy C., Department of Environment and Conservation

Where I started

I have diabetes and had been feeling down because I was taking insulin shots before each meal. I also felt like I had to eat more so my blood sugar would not get too low, and I was still hungry all the time.

My journey

I was talking with a health coach as part of the Partnership Promise, so I shared with her how I was feeling. She helped me to focus on what I could control by asking what I had for each meal and suggesting changes. I took her advice and watched what I ate and tried to keep the carbs down. I also stopped taking the shots before meals. Then, I started losing weight—not because I was trying to, but because I was watching my carbs. It almost felt like going to Weight Watchers for free.

My life now

I don't even feel like I'm on a diet. I'm just watching my carbs. It's helped me go from taking five insulin shots a day to just two, and I have cut my blood pressure medicine in half. I have lost 30 pounds, and my husband has lost weight, too. I also sleep better and don't feel depressed anymore.

Share your story!

We want to hear about the healthy changes you've made in your life. Whether you've shed pounds or simply made a commitment to walk the dog each day, your story can spark a change in others. Submit it today.