

Growing young: Overall health improves through lifestyle management



Nationwide®
Better Health

On Your Side®

A LIFESTYLE MANAGEMENT STORY

Imagine losing 21 pounds, bringing your blood pressure down to something a teenager would envy and being able to stop taking your asthma meds. Wishful thinking? Not so for Donnita Geary, a recent “graduate” of the Nationwide Better HealthSM lifestyle management program.

By the end of the program, Donnita had lost 21 pounds and her blood pressure was down to 106/74, which means she may soon be off her blood pressure medication too. “My goal weight is 159 pounds, so I still have more to do. But this is my life now, so I know I’ll be able to do it,” Donnita said. Her current routine consists of eating five small meals a day and exercising. She works out three times a week and does water aerobics every day at her local gym. She also walks whenever possible and treats herself to a monthly massage. “I decided it was time to start doing things for me. I had to do it for my health.”

Donnita first heard about the Nationwide Better Health program through a piece she received in the mail. She weighed 232 pounds and her blood pressure was 130/100. She spoke to her doctor about the program and he encouraged her to join. “My doctor said there was great value in the program and it could benefit me tremendously,” Donnita said. “So I immediately called to join.”

Sara Armstrong, nurse health coach with Nationwide Better Health, was Donnita’s coach through the 12-week lifestyle management program. “I’m sure all of your members say this, but my health coach was the best. She taught me about nutrition, exercise and overall health. She was very knowledgeable,” Donnita said.

“Donnita was overweight and came to me at a point in her life where she was committed to changing her lifestyle behaviors,” Sarah said. She had Donnita set goals and create a personal action plan that they followed throughout the program. Sara taught Donnita about portion control, to eat slower, eat breakfast everyday, make lists and think ahead. “These are just some of the tips I talked to Donnita about during our weekly calls,” Sarah said.

Prior to joining the program, Donnita also had pain in her hips when she walked. She associated this with being overweight, but since losing the weight her hips feel much better. “Donnita’s extra weight may have led to further medical problems down the road. With the weight she lost through our program, we may have prevented future health problems,” said Chris Wilhide, director of program research and development at Nationwide Better Health.

Donnita currently stays healthy by maintaining her exercise routine and cooking meals with vegetables from her garden and produce she picks up at her local farmer’s market. “The Nationwide Better Health lifestyle program helped me to put all of the pieces together and I will be forever grateful to them for that.”

“I decided it was time to start doing things for me. I had to do it for my health.”

-Donnita Geary