

## Weight lost, new outlook gained: Lifestyle management program changes another life



**Nationwide®**  
**Better Health**  
*On Your Side®*

### A LIFESTYLE MANAGEMENT STORY

Liz Fullerton faced big changes at the age of 57 when, after 25 years of living in Arizona, her husband accepted a new job in Utah.

In Utah, Liz attended a health fair sponsored by her husband's new employer and Nationwide Better Health<sup>SM</sup> client, Nucor Corporation, where she participated in a free blood pressure screening. When her numbers turned out a little high, she decided to enroll in a Nationwide Better Health lifestyle management program.

"The nurse explained that my pressure could've been high because of all the stress I was under with the move, but it was exactly what I needed to begin my journey of becoming healthier. I was actually excited about the program and knew it was something I had to do."

Liz had battled her weight for years, trying many weight-loss programs in the past and vowed never to do one again. However, she was intrigued by this program's focus on overall health and wellness.

Toni O'Donnell from Nationwide Better Health was Liz's health coach for the duration of the lifestyle management program.

"On my first call with Toni, she asked me to write down my goals. No other weight-loss program had ever asked me to do that," said Liz.

For the first time in her life, losing weight wasn't Liz's number one goal. Instead, she focused on getting a physical and a mammogram, two things she hadn't done in years. Toni encouraged Liz to find a doctor and set up appointments. She sent Liz information about nutrition, blood pressure and exercise. Toni also helped Liz work through her feelings about her recent move.

"Toni said it was okay to feel sad and somewhat resentful for being in Utah," said Liz. "She came into my life at the right time. She was such a good listener and kept me motivated throughout the harsh Utah winter."

At the completion of her lifestyle management program, Liz had lost 23 pounds and gained a new outlook on life. "I am the healthiest I have been in a long time, and that benefit is priceless," said Liz. "I still have 30 to 40 more pounds to lose, but I will do it. It's part of my lifestyle now and I've never felt healthier."

**"I am the healthiest I  
have been in a long  
time, and that benefit  
is priceless."**

**-Liz Fullerton**