

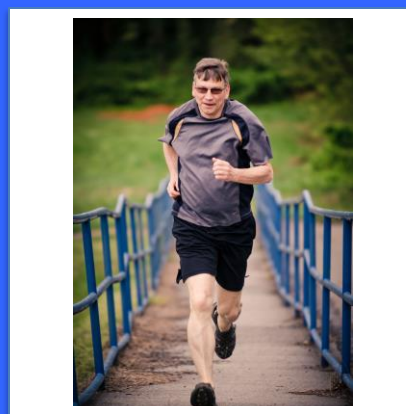
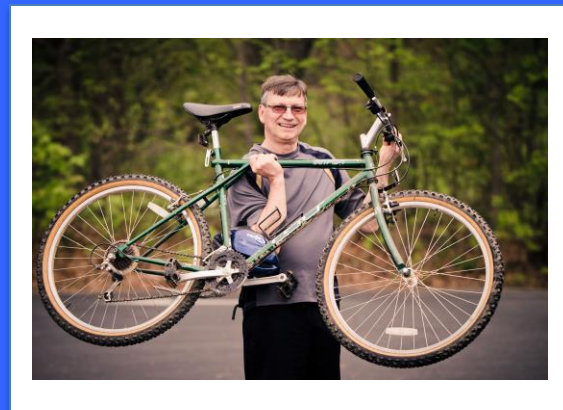
# How Dean Intensified His Efforts

“Bypass surgery was my wake-up call. My wife and I were on a walk and I got out of breath. It was the weekend and the doctor on call said, ‘It’s probably not angina.’ My personal doctor called first thing on Monday and said, ‘Go to the cardiologist now.’ I got a stress test and I went directly from the stress test to the hospital for bypass surgery.

“My family has a history of heart disease. Before bypass surgery, I’d been on cholesterol medication. I had a pretty good vegetarian diet. I was getting exercise. After the surgery, I went from walking 2-3 times a week to riding five miles every morning on the bike, and doing weight training. I followed my diet more carefully: I cut down on cheese, I eat no fat, and I don’t reward myself. I lost 30 pounds. Having a scar on your chest is a wonderful way to remind you not to eat chips when you go out!

“It’s been a complete change in lifestyle. It’s one thing to have high triglycerides, but when heart surgery comes along, you say, ‘Ok, you really have to do this right.’ My wife is a great support. She prepares food that works for my diet.

“These days I feel absolutely great. I have more energy and I can handle stress better than before – I now do acupuncture, yoga, and other things that help with stress. My quality of life is better. I’m 63 and I can do more than I could do in my 40s!”



Enka Middle School teacher Dean McClure



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I thought that I lived a pretty healthy lifestyle, but because of my risk factors, my change needed to be more intense. I didn’t realize that until the heart surgery.

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Get a coach!

Talk to a doctor about steps to take **NOW!**

# How Susan Lost Weight

“In the past year, I’ve lost 35 pounds through diet and exercise and kept it off. I had gained 65 pounds during my pregnancy and my blood pressure went from fine to borderline. At that weight, I was low energy, my feet were sore, and I was in physical therapy because my back was so sore. I thought, “I’m too young for this!” My father had had his first heart attack at 45, and I was 40. I lost weight through a program, but then gained it back again.

“This time I used a smart phone app and counted calories in, calories out. I got more active, started walking and did one of those ‘couch to 5K’ programs teaching you how to run. Now I try to run three times a week. I use a bracelet to count my steps, and on days I’m not running, I make sure I walk 10,000 steps. I haven’t cut out any categories of food, but I make sure I eat everything in moderation. This time I am more consistent about physical activity. And now when I fall off the wagon and gain some weight, I don’t beat myself up or feel like I’ve failed; I just get back on track.

“My blood pressure has returned to where it was originally and I no longer have back or foot pain. I’m more active with my family. When I started a new job it was hard to find time to exercise. I brought my sneakers to work and I get out on my lunch break. Being a working mom of a young child, it’s also hard to find the time to exercise – I feel guilty about those 45 minutes I’m not with my child. But I realize to be there for him - to see him graduate, get married, have kids himself one day - I need to take care of myself.”

- Enka Candler resident Susan Burk



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Stick with it. There were months where I wouldn’t see the scale budge... Go by how you feel. Even if you don’t see the numbers move, you’re getting healthier on the inside.

”

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