

You are UCare:

Stories about UCare employees who strive for better health.

Just a matter of “having a plan!”

Rebecca Horning, Clinical Services, has lost 102 pounds and says having a clear plan was all it took

Rebecca Horning was a vegetarian for more than 15 years before she realized the importance of replacing the meat she took out of her diet with other forms of protein. Over the years, she was eating a diet consisting of primarily carbohydrates, and gradually gained more and more weight. Getting little exercise didn't help her weight, either.

For many individuals struggling with weight, the issue is often overconsumption of calories – too many calories *in* (eating) and not enough *out* (exercise). While that may have been part of the issue for Rebecca on some days, overall her slow and steady weight gain occurred because the calories she consumed weren't the right *kind* of calories. The weight she gained was mostly from simply eating too many processed foods, and too few proteins, fruits, or vegetables.

Rebecca joined UCare's Clinical Services area in 2007. In her first two years at UCare, she heard about RENEW's programs but didn't join her first one until spring 2009, when RENEW announced the collaboration with Fairview Physician Associates' CAN DO program.

She registered for CAN DO in April 2009 but didn't put what she learned from her health coach into practice until late May.

Why the wait? “Frankly, I couldn't believe that it was going to be as easy as my health coach said it would be,” she said. “So I just put off actually starting my plan.”

Getting started

Memorial Day 2009 seemed like a good time to start. Rebecca was willing to see if different kinds of foods really made a difference.

During her first week on her personalized nutrition plan, Rebecca wrote down every food she consumed to be sure she was getting the nutrients her health coach suggested. After a few weeks, she was able to keep track of her food consumption mentally instead of having to write it all down. She also began using her treadmill at home 30 minutes per day. Within a few months, she increased her daily time on the treadmill to a full hour.

Said Rebecca, “If I had to sum up my weight loss experience through the CAN DO program, I would say having a plan made it easier than I thought it would be.”



Rebecca Horning

Weight loss is easy? Really?

“I am not on a diet...”

While writing down what you eat, finding the time to walk on a treadmill, and sticking with a plan for 9 months, not to mention a lifetime, isn't easy, having a clear plan can make it seem possible. Rebecca has lost 102 pounds and is still losing! Moreover, she was taken off all medications for high blood pressure and pre-diabetic conditions, and her cholesterol medication was cut in half.

Rebecca says “I am not on a diet. I am just finally getting it right! Thank you UCare and CAN DO!”

