

Expanded program use



Results beyond the Pilot Goals

- Enhanced experience of 4 participants who used nutrition monitoring/caloric tracking
 - 2 participants lost 40 lbs.
 - 1 participant lost 15 lbs.
- Verbalization of 5/8 participants talking to patients about "open source" online programs for activity and nutrition monitoring.
- Self-awareness improved in relationship to acknowledging barriers of engagement and true ability to overcome them related to physical activity

Lasting Effects



Participant 1: Now lost 50 lbs.; has dropped 3 pant sizes; Competed in her first triathlon; States that she feels better at 50 than she did in her 30-40's!



Participant 4: Competed in her first bike marathon of 100 miles; is peri-menopausal and is using the online tools for weight management and sodium control



Participant 5: Now has lost 25 lbs.; hired a personal training and is now biking via stationary bike 1 mile 3x/wk. Achieved her first sit squat in "years".

Thank you!

Any Questions?


