

Madelyn Miller needed only a few small nudges help her look and feel healthier. Here is her story:



"(When I stepped on the scale at the doctor's office in January 2018) I was not really overweight. I was heavier than I had ever been, but my doctor said I was still within the healthy range for my height. But I just did not like the way I looked.

So with the help of Health Trails and my best friend who is a nutrition expert and trainer in his spare time, I gave up the junk food and the sweets (which I didn't really eat a lot of), started eating healthier food, and I started exercising.

(Now) I walk every day, but I love the weekends because I can walk a mile and a half at the Metroparks and it is so lovely there. On weekdays I walk around my neighborhood for 20 minutes or so and I take the stairs at work as well. Sometimes I get up from my desk just to walk up and down the stairs here."

By simply changing her eating and starting to exercise more, Madelyn lost 30 pounds! Even with an early start to her work day (here by 7 AM, out at 5 PM) she has found a way to be more active all day. Small changes truly can have a big impact.

She asserts, "If it wasn't for Health Trails, I would not be 30 lbs. lighter today, and my cholesterol would not be as great as it is."