

Post-Challenge Summary of Results



Kara

Weight loss: 11.6 lbs; took a full inch off her waist. **METs:** decreased her chances of heart disease by increasing physical activity; from 7.1 to 8.4.

With a previous open heart surgery to repair several congenital heart defects, Kara understands the importance of heart health. With three young children, she seldom had time to take care of herself. She needed guidance and a community of support to take action.



Zulema

Weight loss: 12.1 lbs; indicates that she's moving in the right direction. **METs:** drastically improved her physical activity prognosis; from 6.9 to 9.0; average weekly physical activity went from 20

percent to 85 percent.

Increasing physical activity and eating fewer calories each day played a major role in Zulema's success.



Vernita

Weight loss: 24.8 lbs; an average of 2 lbs per week; projected to lose 100 lbs in a year. **Cholesterol:** dramatically reduced; from 314 to 228. **METs:** increased physical activity performance from 6.2 to 7.6

Choose To Move put Vernita on the right track for a healthier lifestyle, reducing her risks for heart disease and stroke.

Any number below 7 METs is considered the "danger zone" and puts individuals at risk for heart disease.

Researchers studied over 5,700 women's fitness levels relative to age and lifestyle, and found that women who score less than 85 percent of their age predicted exercise capacity on an exercise stress test have a two times greater risk for serious heart problems and death. All women underwent an exercise treadmill test. They measured the level of fitness in units of metabolic equivalents (MET) achieved on a treadmill stress test. A MET unit is equal to what you are doing when lying at rest, and any activity greater than that is an increment of one MET. The researchers then calculated the percent exercise capacity as a number.



Kathleen

Weight loss: 10.8 lbs; decreased waist by 1 inch. **METs:** moved from the "danger zone" of 5.7 METs to an improved 7.3 METs

With a career in the medical field, Kathleen has seen the complications of a sedentary lifestyle. Before Choose To Move, she had trouble translating these ramifications into a personal perspective. Twelve weeks later, she has decreased her risk for heart disease.



Lisa

METs: Her physical activity level started out in the "danger zone" at 6.4 METs and is now at 7.4.

Lisa went from having a poor diet and very little physical activity to finding simple ways to fit physical activity into her daily life. By Choosing To Move, Lisa dramatically increased her daily steps, reducing her risk of heart disease.



Ruann

METs: Went from 8.6 METs to 9.7

Ruann improved her physical fitness level and now shares her husband's love for running. Just by increasing physical fitness alone, Ru lowered her bad cholesterol and her blood pressure.



Melanie

METs: Went from 7.6 METs to 10.1

Cholesterol: Lowered cholesterol from 227 to 210

Choose To Move proved to be an educational experience for Melanie. She learned how to stock her refrigerator with heart-healthy food and exercise correctly. Melanie was a poster child for TV dinners, but with the change in diet, she significantly reduced her sodium intake and total cholesterol. She now has more energy and feels less stressed.