



Carrie's Story

I started the Diabetes Prevention Class in January 2016. I have struggled with weight most of my life and also have hypothyroid for 9 years. I also have a grandpa and two uncles with diabetes and my mom has shown signs of being prediabetic. I saw the ad on the news for this class and thought the education and accountability would be great.

I have started to eat a diet that consists of a lot more protein and good fats, while eliminating as much sugar as possible. Some of the biggest changes was the mindset that low fat foods like skim milk and low calorie dressings actually have more sugar and 2% milk and yogurt based dressings are better for me. I have switched from cereal and juice at breakfast to eggs (with butter in the pan) and chicken sausage. I feel full faster and stay full longer than I did before. I also started to be much more diligent about walking every day. The logging of food eaten through My Fitness Pal and the minutes exercised made me much more aware of how much I was actually eating and how little I was moving. My Fitness Pal has been a great tool!

I have lost 50 pounds since starting the program. It was not all fast and I have had plateaus, but the fact that I continued to feel better, kept me making the healthier eating choices even during the period of not losing each week. I also had a lot of inflammation in my knees and struggled with plantar fasciitis that has improved greatly since starting the program in January. I have noticed an increase in energy. I used to be ready for bed right after my kids would go to bed and dread getting up in the morning, but now am able to stay up much later and get up the first time the alarm goes off :)