

High Risk Lifestyle Coaching Participant Comments

- *I don't think you can improve on this program. If people are not achieving their goals it's because they have not made the smallest effort. Just eating more vegetables made it easier for me to eat less of the higher calorie foods. The book is great and I go back to it when I feel myself slipping back into old habits.*
- *This has been a great experience for me.*
- *I would advise everyone to take advantage of this service if they have a chance. Someone on the outside looking in can be of more help than you can imagine.*
- *Great experience. Barbara is very helpful and dedicated*
- *Keep up the Good Work!*
- *I can say all in all it was good for me to have someone to have to answer to, since I wasn't listening to my doctors about needing to lose weight. I was 30 lbs overweight and I lost half of it, and feel better and makes me want to continue.*
- *I found it most helpful for eliminating excuses, everyone is busy. Also for realizing, we sometimes use our bodies as trash cans to "use up" food, need to break that cycle. My hardest obstacle is stress eating i really need to still work on that.*
- *My experience was a great blessing I learned how to do a lot of things I thought were great especially making time out for myself and learning how to look at what is best for my health.*
- *I do hope everyone who had the opportunity to do this program learned alot and implemented this in their lifestyle. I will do my best to use what I learned and be better for it.*
- *Please give other team members the chance I had. It can save someone's life. It can show them there is a better lifestyle for them. Thank you so much for giving me this opportunity.*
- *Coach Barb made me aware of some things I did not know about myself. I am now able to focus more on me and what I need than what others may need from me. I realize that I need to take care of myself if I am to take care of others.*
- *I was at a cross roads and Barb and the program came along at a great time in my life. I am very motivated to build on the advances that I have made.*
- *All I can say is Thank You from the bottom of my heart. This program has turned my life around. I'm on top of the world.*