

# State of Maryland

Angela\* wanted to live a healthier life for her daughter by eating healthier and losing weight. After completing her Health Assessment online, she enrolled in the Innergy® healthier weight program for support.

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## **Coaching Interactions and Success Strategies:**

- On Angela's initial call, a trained Innergy coach discussed topics such as tracking daily calorie intake and making a task list to allow time for physical activity.
- Angela found herself getting frustrated tracking her calories electronically. The Innergy® coach encouraged her to print a tracking log sheet, available on the website, to help her keep track of daily calories and physical activity.
- She took advantage of the learning center on the Innergy® website. Among the many modules, Angela took interest in the DASH diet which focuses on decreasing salt intake.
- The Innergy® coach worked with her by providing additional information and strategies on limiting sodium such as reading labels and eating less while away from home.



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## **Outcomes:**

- Angela's task list ensured she accomplished her activities while leaving time for exercise.
- She is now going to the gym and participating in an exercise class 3 days per week for 30-60 minutes.
- Angela found using a printed tracking sheet less frustrating and reported it made her more aware of her daily choices.
- When faced with eating out, she split her meal with her daughter to cut back on portions, sodium, and calories.
- She began adding flavor to her water in order to help increase her daily fluid intake.
- Angela has lost a total of 10 pounds and reports she is happy that she can be more active with her daughter.
- Angela has completed 25 of the 30 learning modules associated with weight loss and activity. She continues to engage in coaching sessions to meet her goal weight and set new goals.