

# State of Maryland

Jennifer\* had a long term weight loss goal in mind. To help her meet her goal, she enrolled in the Innergy® Healthier Weight Program.

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## Coaching Interactions and Success Strategies:

- On Jennifer's initial call, she reported that she often skipped meals causing her to overeat later.
- The Innergy coach began working with Jennifer by setting an appropriate daily calorie intake and using the website to track her food and activity.
- They discussed the positive benefit that exercise has on weight loss.
- Subsequent calls included education and support on decreasing sodium intake, reading food labels, and planning meals.



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## Outcomes:

- Jennifer made changes in her diet such as eating whole grains, lean proteins, and foods lower in carbohydrates.
- She reports staying consistent with her eating habits and not skipping meals.
- Jennifer has lost 21 pounds and is happy with her current weight.
- She now wants to focus on maintaining her weight.
- She has a planned follow up call with the coach for continued support and discussion of how her maintenance plan is working.