

State of Maryland

Rachel* enrolled in the Innergy® healthier weight program for assistance and coaching for weight loss in order to improve her health.

Coaching Interactions and Success Strategies:

- On Rachel's initial call, she reported not being as successful at losing weight as she had in the past. She also reported past injuries and recent ankle pain causing interruption in exercise resulting in weight gain.
- Rachel had tried using diet pills, but felt better about eating healthier and getting back to exercise for weight loss.
- The Innergy coach began working with Rachel by acclimating her to the learning tools available, food tracker, and getting back on track for exercise.
- Rachel was encouraged to follow up with her physician on her recent ankle pain in order to set reasonable exercise goals.
- Subsequent calls included education and support on portion control, not skipping meals, avoiding high calorie foods, and increasing daily water intake.



Outcomes:

- Rachel found that her ankle pain was related to a fracture and was treated by her physician. After removal of her walking boot, she began walking for exercise starting out with 10 minutes 5-7 days per week.
- She is now exercising by biking 25 miles on the weekends and 10-11 miles on other days through the week.
- Rachel modified her eating schedule by eating 3 meals per day with healthy snack choices and tracked her daily food intake.
- She increased her daily water intake to meet the daily recommended requirements.
- As a result of her participation in the program and changes, Rachel has passed her 20 pound weight loss goal and has lost 26 pounds.
- The coach will continue to work with Rachel in order to maintain her changes.