

## Success Story—Debbie Mensinger

Hi there! I have Type II Diabetes plus other health issues exacerbated by being overweight. After witnessing my brother-in-law go into a diabetic coma due to not taking his insulin for an extended period of time, I decided to use that as a learning opportunity and take action with my own health. So, with the support and approval of my management here at HAMMER, I enrolled in the Weight Loss Convoy class in January 2011 and my journey toward improved health started.

I have attended the Weight Loss Convoy class each week over the last 22 months. Through my attendance and participation in the class, I have learned how to eat more healthily and other actions I can take to improve my health.

I had dug myself quite a hole so I had a lot of work to do to dig myself out. Through commitment, focus, dedication, and hard work, I have been able to lose over 80 lbs in the last 22 months – strictly through eating a more healthy, balanced meal plan each day and putting more activity and exercise into my days. I have dropped 5 clothing sizes. I have gone from being on the maximum dosage of medication for diabetes, high cholesterol, and high blood pressure to being on minimum dosages and being very close to being off the medications completely. I am not on a diet; I will never be on a diet again. I am making sustainable lifestyle changes.

Since November 2011, I have participated in over fifteen 5K and 10K runs – something I would have never envisioned in my wildest dreams. In September of 2012, I completed my first half marathon. Sometimes my health journey seems like a grind and sometimes I lose my focus, but I am totally committed to getting to where I need to be so that my health is enhanced and I can live life to the fullest.

I still have more work to do but I have absolute confidence I will get there! If anyone wants information on the Weight Loss Convoy class, feel free to contact me. It has been a HUGE help, along with the support of my peers and management.