

“A Life Changer”

Several years ago, after a Coronary Incident, my Cardiologist at the Minneapolis Heart Institute recommended I lose what seemed like an insurmountable 35 pounds and “things” would be much better. It is easy for a “fit and trim MD” to tell you that, but how do you even know how to start? So I kept plugging along, worrying about the recommendation. Then, about eight months ago, I became aware of Cumberland Healthcare’s Pre-Diabetes Program following a “Know Your Numbers” report and decided to give it a try.

In 8 months, I am down 31 pounds and understand the importance of diet to your overall health. I have used a regular exercise program to reduce the impact of daily calories with all the other improvements regular exercise brings. I am down a couple of sizes in clothes, and my heart functions have improved!

The small class had excellent and dedicated leadership with Jen Young, RN, who knows how to coach through her personal family experience. Her children have a difficult challenge with Diabetes, and that experience makes our challenges seem pretty small by comparison. The class leaders in all the Cumberland Healthcare Diabetes Programs give you the tools to set goals and teach you how to improve your health. Those skills helped me change my priorities, and I have kept the weight off! Their track record with the class members is very successful, and the program works!

What seemed like an impossible medical recommendation a few years back now doesn’t seem so impossible. The Diabetes Program at Cumberland Healthcare can really be a “Life Changer.”

John

Cumberland 2021 - 2022 T 2 Class