

Sharing Success: Katharine Carek

Katharine Carek came to Hilton Head Health for one reason: “I don’t want to die,” she said. “I love my family, and I want to be here for them.” Facing reality, Katharine knew that she had to address her weight, high blood pressure and diabetes if she wanted to stick around. While “fear-based” motivators are not generally the strongest in terms of long-term compliance, what Katharine discovered along the way was her true motivation: to LIVE—not just to exist on this earth, but to lead a rich, fulfilling, happy life. And that’s exactly what she’s doing today as she continues her quest toward her “best self.”

When Katharine first started the coaching program, she was intimidated about gym classes—worried that she couldn’t keep up or that others would judge her because of her weight. With encouragement, she took a chance and attended some group fitness classes. “I developed the attitude of doing what I can and not worrying about what other people think,” she said. Now she’s hooked—attending a variety of classes 5x a week. “People come up to me in the gym and say I’m inspiring. I love that I can inspire other people to get healthy,” she said.



BROUGHT TO YOU BY

Hilton Head Health



14 VALENCIA ROAD HILTON HEAD ISLAND, SC 29928 /// 800.292.2440 /// HHHEALTH.COM

H3@Home COACHING

Since leaving H3, Katharine has reduced her clothing size from a 24 to a 16. She's boxing up her "big girl" dresses for charity and plans to buy a new wardrobe when she reaches size 12. She recently purchased a pair of boots. "I look hot," she said, thrilled that she no longer needs the styles for extra-large calves!

The side effects of her weight loss are dramatic, to say the least. Her blood pressure is now normal with no medication. She has been able to drop one of her diabetes meds and now needs only one mild medication for the condition.

But perhaps the biggest change is in the area of confidence and self-esteem. Katharine and her husband are taking dance lessons, something she never would have considered before. She recently attended a neighborhood party where she danced the night away. "I've never in my life felt this good," she said. "I look in the mirror and say, 'Not so bad!' I can cross my legs again—for the first time in 20 years. I feel so 'adult.'"

How has H3@Home Coaching benefitted you in any of the following areas:

Appearance: LOOKING GOOOOD!

Motivation: Pretty darn high!

Energy: Running circles around my younger husband!

Exercise Habits: Does the title "Gym Rat" ring a bell?

Eating Habits: Not perfect, but greatly improved!

Self Esteem: Much, much higher. Greater confidence in social situations.

Stress: Extremely low, not much of a problem. I have been dropping activities that are stressful.

What successes can you attribute to wellness coaching and the continued at-home support?

Continued support keeps me focused on all that good training for both emotional and physical optimal well-being that I learned at H3 in the lectures with Bob Wright, Beth Leermakers and Adam Martin. Home coaching with Linda Hopkins is a continuation of that education and support. It doubles the value of the time and money that was spent at H3.

BROUGHT TO YOU BY

Hilton Head Health



14 VALENCIA ROAD HILTON HEAD ISLAND, SC 29928 /// 800.292.2440 /// HHHEALTH.COM