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By TEXT CINDY QUICK WILSON

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## 30 Day Challenge Follow-up —Where Are They Now?

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Jami Young—

when the student inspires the teacher"»

Challenge volunteer Jami Young is a changed woman. She bubbles with enthusiasm as she relates how Kellie Hill, a nutritional therapy practitioner and owner of The Right Plan in Medford, has changed not only her attitude, but her family's also on what healthy eating really means. "Kellie's slogan is, you can always make a better choice," Young says. "She has taught me how to look at food and how to look at life and see that there's always a better choice to make."



PHOTO/ PHOTOS BY ANDREA ALLEN-SIS

Mark Sanford at Ashland YMCA

Young admits her body style will never be petite, but she is thrilled with the inches she's lost and her improved vitality. Where she used to avoid family activities like hiking, she now tackles the Table Rock trail several times a week. "For me, the results really showed when my daughter got married recently and the dress I bought for the wedding was three sizes smaller than I normally wear. It made me feel so good, I was in tears. I've lost two sizes in my everyday clothes and I've lost almost 27 pounds total since January. I feel like I'm losing in a healthy way and I don't fear gaining it back."

Our volunteer isn't the only one who has benefited from this experience. "Working with Jami inspired me to create a program on my website using everything I taught Jami in an online format," Hill says. "It covers keeping a food journal, crafting a healthy diet, food preparation, how to meal plan and more."

What will make her success sustainable is learning how to make better choices, Young says. "Kellie's given me the tools to research and learn what those better choices are for the long run."

Hill's philosophy is simple. "If you start thinking about what you're putting into your mouth, you're going to naturally feel better, lose weight and have unlimited energy."

And the winner is"»Mark Sanford

Thirty days is a good start in changing your habits, but challenge participant Mark Sanford feels that continuing past that initial month has been his key to adopting fitness as a lifestyle.

"I've been faithful to this and I've reaped the rewards as a result," he says. "The assessments that Steve has been making show measurable proof of my progress. I don't think I would have been quite so motivated after just thirty days, although I did show results that Steve and I were both pretty happy with. But I've learned that the changes I am seeing after a few months are more apparent than what I saw after just the first month. I'm in the gym three days a week now and I'm happy to keep doing it."

Steve Thomas, owner of Aspire Personal Training in Medford, has been Sanford's trainer since January and has been pleased and impressed with Sanford's dedicated effort and his results. "Since he started, he has lost 10 pounds. He has improved his BMI (body mass index) and lost a total of 3 inches in the areas that he wanted to lose."

But the biggest change Thomas has noticed is that this has become Sanford's lifestyle. "You can tell just by the way Mark talks about it," Thomas notes. "It's not something that he has to push himself to do now. It's just what he does. And that's the biggest part in all of this is incorporating fitness into your life. He's eating well on a regular basis which is why he continues to lose weight. We've had a great experience and I've been so impressed with him. He's done incredibly well."

At 73 years of age, Sanford's success has been an inspiration to others he says. "I feel good that I have been a role model to some people. Even my wife Debra has joined the gym and is going to water aerobics as well as doing workouts three times a week, so my progress has even inspired her to get in shape." Sanford says he will continue to meet with Thomas for periodic tune-ups and to keep him inspired with new exercises.

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