

Rich Dolan

Healthy Hall of Fame, Spring 2016

Inspiration for Change: Last year, Rich found out that he was diabetic and knew he needed to make some healthy changes. Little by little, he took the steps necessary to make these changes. One of the first steps was carbohydrates and cutting them out of his diet. Rich has cut out sugar, wheat, and juice. Rich used to have a candy bowl in his office for visitors and the occasional treat, which has been replaced with a fruit bowl filled with apples and oranges.

Current work-out and eating plan: Knowing that exercise is a major factor in controlling blood sugars, Rich decided to get a pedometer to see how much he was moving each day. At first, he realized he “didn’t do crap” and started a small routine. Before he was a proud member of the LCC Fitness Center, he would walk laps at the mall walking further and further each time. Now, he works out 6 days/week at the Fitness Center spending at least 4 hours/week on cardio and 1/2 hour/day on weights, spending 2 days on arms and 2 legs.

As for eating habits, Rich is still able to enjoy dinner out with his family, but is mindful of what and how much he is eating. If he has a bowl of soup, he doesn’t have bread or crackers with it. No potatoes for breakfast or any other meal, and definitely no cookies. Rich eats as much vegetables as he likes, but pays attention to portion size for everything else.

Motivation: Rich sticks with it because he doesn’t want to be on medication forever and “there will be no insulin for this guy”. He knows there is no cure for diabetes, but with hard work it can be controlled. Now that he has his blood pressure under control, an established work-out routine, and lost 80 pounds, he has a lot more energy to chase his wife around! Rich will be retiring soon and plans to stay busy.

Words of Wisdom: Rich’s advice to others is to start with one small change and do better than the day before. Having something to keep you accountable has helped Rich and he recommends you do the same. For him, the pedometer helped a lot, as well as logging his blood sugar levels in a journal.