

# Rita Lawless

## Healthy Hall of Fame, Spring 2016

**Inspiration for Change:** Rita's family has a history of diabetes and after testing, showed she was borderline pre-diabetic. She knew she needed a big change to prevent diabetes in the future. By changing eating habits and daily exercise, Rita was able to lower her sugar levels. Also, after having multiple knee surgeries, Rita was feeling the pain of walking up and down stairs as well as being out of breathe on a regular basis. Since she has made these changes, Rita feels much more energized.

**Current work-out and eating plan:** Since Rita enjoys being outside over being in a gym, she takes advantage of walking multiple times a day. This routine begins in the morning by walking her 3 year old golden retriever, who really keeps her on her toes. Walks during lunch and break times are a daily occurrence for Rita, and you may have seen her out and about. Her fitbit goal is 10,000 daily steps, which she consistently exceeds.

As for eating habits, Rita has been sticking to a paleo diet, which means no sugar, grains, and dairy products. The Paleo diet is derived from ancestors and the hunter/gatherer eating habits. It focuses on eating high nutrient non-toxic foods that nourish the body.

**Motivation:** Knowing the seriousness of diabetes and wanting to keep it out of her lifestyle gave Rita motivation to make some changes.

**Words of Wisdom:** Rita's advice to those who desire a healthier lifestyle is to remember that losing weight can be a slow process. She wants others to know these things don't happen overnight, and remind them not to get discouraged. She also recommends, "Not looking at the scale, go by how your clothes fit and how you feel". Her main goal is to lose 20 more pounds, and she has already lost 4 sizes!