



# WELLNESS CHAMPIONS



## FRAN SMITH

My wellness journey began in September of 2009 after spending a scary, miserable night at Memorial Hospital with chest pains. My cholesterol was high, and I weighed almost 200 pounds.

### FOR EVERY CHAMPION A STORY

I desperately needed help, so I called WellAdvantage Fitness Center. After doing my bloodwork and attending orientation, I started on the elliptical for 15 minutes a day.

I got stronger and worked up to 30 minutes a day and lost weight quickly. My appetite changed, and I felt better after each workout. After eight months, I joined the lunch exercise classes and loved the variety – and my new friends!

My advice to anyone starting or continuing your health journey is you are not alone. Your friends are waiting to cheer you on. Get started now, and try it for two weeks. You'll wonder why you waited to feel so much better. Don't end up in the hospital like me – make the call today!

Age: 56

Fun Fact: I adore sunsets.

Successes: Lost 36 pounds and have kept the weight off for five years!

Rewards: My clothes fit looser, I felt better and others noticed I had lost weight.

Motivation: Friends who encouraged me to keep going and knowing they had similar struggles.

Struggles: Some days were hard.