

Eric Paul Elliott

In order to enjoy a long life with his family, Eric Paul Elliott, 27, of Owosso, lost 80 pounds. Even after a lifetime of ups and downs with his weight, he was finally able to lose the weight and keep it off—with a little help from his friends and a local wellness center. Here's the story of how he discovered what works for him.

What motivated you to make changes to your health habits?

I've battled weight issues for much of my life. I would lose a ton, get fit, and then find myself slowly gaining it back. After the birth of my daughter, I decided that my health was important to someone else, too. I want to be healthy so I can enjoy my family without worrying about all the health problems that come along with being overweight. I want to live as long as possible, so eliminating health risks associated with obesity became a powerful motivation in my life.

What changes have you made?

I took the Nutrition for Life course at K&G Wellness Center in Owosso. I've learned how to eat healthy foods that are available everywhere. K&G helped me learn how different foods, preservatives, and other chemicals impact how my body processes food. There are healthy foods all around us—we don't have to be duped into eating all the processed garbage if we just take enough time to make healthy choices.

Did you experience any challenges?

Time and the fact that I travel for my job are probably the most significant challenges I face. It's easy to get busy and then feel like I have to "grab something on the go" when I'm working.

How did you overcome these challenges?

I've learned to plan ahead. Preparing meals ahead of time and being smart about the choices I make—including choices at restaurants when I do have to eat quickly—help me stay on track.

What changes do you see in yourself as a result of your healthier lifestyle?

I have a ton more energy. I can keep up with life so much easier now that I'm healthy and have dropped the weight. I enjoy exercising and feel confident about being healthy in the future, too.



What keeps you motivated to continue with your healthy habits?

I've stayed involved with K&G. They offer ongoing support and monitoring of my health and what I eat. I've also started walking regularly with Jon Stanton, a friend I met during the exercise lecture at K&G. We walk regularly on the Lansing River Trail and keep each other motivated to stay healthy.

What advice do you have for others?

First, you have to commit to being healthy and find a way that will work for you. The program at K&G Wellness works for me and for many others, too. They've only been open since 2006, and their clients have lost 45,000 pounds! It's important to learn how to eat healthfully and then incorporate that into your lifestyle. Once it's there, you have all the tools you need for long-term success.

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