

## HEALTHYPARTNERS

### Tye Browning, Healthy Partner, Tool Crib Attendant, Brunswick

Anyone who thinks they're too young to worry about taking an HRA hasn't met Tye Browning. At age 27, he's a believer, because the HRA he took last fall changed his life. Before taking the HRA in October of 2007, Tye didn't realize how great an impact his lifestyle choices made on his health and the future quality of his life. After taking the HRA, he was determined to make changes.

The first step: quit smoking. Tye chose Halloween as his quit date so he would have "an unlimited supply of Dum-Dums" available to help with his cravings. Tye is grateful to Gulfstream's coverage of Chantix to help him accomplish this. Tye admits the hardest part was breaking the habit of smoking; he's had to change his routines altogether to avoid triggers.

Next step: start exercising. Tye began a walking program, sensing the physical activity would help clear his lungs and distract him from nicotine



cravings. He was also dissatisfied with his weight; his largest-sized clothes were uncomfortably tight. He started out walking the 1 1/2 mile course, and then jogging partway and walking the rest. Now he runs all the way.

Running has become an important part of his life – he wants to run a marathon one day, something he could never have done as a smoker.

A year later, at his second HRA, Tye was excited to review his lab results. There were big changes. Tye's total cholesterol went from last year's 194 to 155 and his LDL from 131 to 90. He's been tobacco-free for a year, is back in his size 34 pants, and life is good.

Tye believes he's setting a good example for his two young children. "If you're in poor health, you're depriving your family," he stated. "I feel SO much better about myself."