

HEALTHYPARTNERS

Jim Moriarty, Healthy Partner, Aircraft Coordinator, Savannah

Like most men his age, 35-year-old Jim Moriarty approached his first HRA in May 2007 with the utmost confidence that everything was fine and he was wasting his time. He was mistaken.

"My blood pressure was at pre-hypertensive levels," Jim stated. "My sodium was elevated, my LDL (the 'bad cholesterol') was too high and HDL (the 'good cholesterol') was very low." Although his total cholesterol was within normal limits and his blood pressure was not high enough to be treated with medication, Jim decided it was time to take charge of his health now, before matters progressed too far in the wrong direction.

With several health risks to address, Jim wisely made lifestyle changes over the course of many months. He used the prescription drug Chantix to quit smoking in August 2007, a huge step toward a healthier life. He completely eliminated salt from his diet, choosing to flavor his foods with the many salt substitutes available. His diet now includes plenty of fresh fruits and vegetables.

"I eat no fast food now," Jim said. "I used to be all about fast food. Every meal now has a vegetable." He also gave up all sodas, favoring more healthful beverages, including low-sodium

V8 juice. Jim experienced some weight gain after quitting smoking, but has been following a 2000-calorie diet to manage that, being more mindful of portion sizes.



Jim has also increased his physical activity, finding lots of ways to be more active at home – using the push mower and hand tools rather than power tools, walking the dog, etc. He's noted that he feels "pretty good" and actually sleeps much better now, too.

At Jim's second HRA in October 2008, his lab results showed improvement. His LDL has come down and HDL has increased. His blood pressure is somewhat lower, although Jim remarked that he has always suffered a little from "white-coat hypertension." He is careful to have his blood pressure monitored by his physician. With a family history of heart disease, he knows he has to stay focused. "I like to beat the odds," Jim declared.

Jim is committed to his new lifestyle and happy to share his story with others so that they'll find the motivation to make a few healthy changes of their own. Says Jim, "Gulfstream is a very supportive environment."