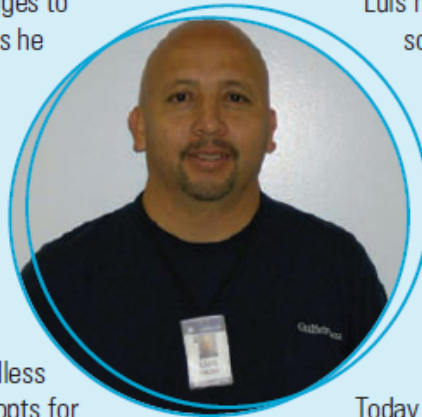


HEALTHYPARTNERS

Luis Palma, Healthy Partner, Senior Interior Mechanic, Long Beach

Luis took the HRA in July of 2008. At the time, he weighed 206 pounds and was nearing his 40th birthday. He was concerned to learn that his total cholesterol was 261 and decided to take action to lose weight and lower his cholesterol. Luis sought the assistance of Pat Tomlin, RN, at Gulfstream Long Beach, who was happy to supply him with information on healthy nutrition.

This has meant making big changes to his eating habits. Luis confesses he used to join his friends in the cafeteria every morning before work to eat two Egg McMuffins with bacon. Now he has oatmeal with fruit instead – and he’s actually beginning to enjoy its warm goodness. Lunch used to consist of burgers, Chinese food, pizza, and the endless array of fast food, but today he opts for chicken or turkey sandwiches on wheat bread.



Luis’ wife, Armida, has begun to cook healthier dinners for the family. Luis admits that, in the past, he didn’t appreciate Armida’s attempts at healthy meal preparation, but now the family has limited red meat to once a week, enjoying more chicken, fish and turkey, and lots of vegetables and salads. Luis also says he’s cut his portions in half, recognizing he used to eat much more than he needed.

Luis has a 16-year-old, basketball-playing son. Four days a week, he joins his son to shoot hoops—a real workout! He says he feels a lot better and has much more energy. The whole family is getting into the active act, too. Recently they adopted a new dog, and wife Armida has taken on the responsibility of taking him on his frequent walks.

Today Luis is excited to proclaim the benefits of a healthy lifestyle for his family. Both he and his wife have lost about 20 pounds each and feel healthier and more vital. Just as important, his total cholesterol has dropped from 261 to 169!