

# MyWay to a Healthy Weight Testimonials

*"I highly recommend this amazing program to anyone wanting to improve their health and wellness. What an incredible benefit for employees! The 45 minute one-to-one coaching and accountability sessions with the dietician(s) in the first phase cannot be beat for launching an **individualized** plan to help people meet their **personal wellness goal(s)**. Clear, structured learning modules and tools are easily accessible ANY time. As a nurse, I knew some about healthy habits but learned so much more about nutrition, exercise, and myself in this program. Within the first 7 months, I was able to surpass my weight loss goal and achieve wellness goals I didn't even have for myself going into the program! I have more energy, feel better overall, and am able to encourage others by my example and what I have learned."*

*"One thing I liked about the program at the start was the accountability. There were very clear expectations and very close monitoring with personal, customized feedback by a knowledgeable and caring dietitian, who has coached me through every step. I am sure we've all heard, eat healthy and exercise, but this program literally helped me explore and break down the barriers I encounter to making that happen. And it is done with kindness and a process of self-examination, not a one-size fits all."*

*"Participating in MyWay to Health has been helpful for me because it brings focus and accountability to my day-to-day habits and lifestyle. Working with my coach in a one-on-one capacity has also expanded my resource list in terms of healthier food options and tactics to help me stay the course to living a healthier life."*

*"I'm thankful that WUSTL provides this program to me and others. I've lost nearly 50 pounds and my blood sugars are within normal limits for the first time in years! I'm confident I'll meet my weight loss goals and I have the MWTHW program (and myself) to thank. I would highly recommend this program to anyone looking to make long-lasting changes to their health. This program is about so much more than weight loss. It's about learning to take care of yourself holistically and thrive for the rest of your life."*

*"Participating in the MWTHW program has been an incredible experience for me. I have been able to lose weight for the first time in more than a decade, after failing to do so on many other commercial programs. For me, I think what made the real difference was the individual coaching and skill building through the well-curated curriculum. I love that the program is science-based but also tailored to my individual goals, lifestyle, and diet preferences. Importantly, I feel like I have gained a large skill set to deal with every day, and unexpected, challenges that get in the way of a healthier lifestyle. I feel more confident in my ability to achieve my goals and have developed a much kinder internal dialogue with myself. This program is a great benefit offered by the WashU!"*

