



## TRAX TRANSFORMATIONS



Jameshia Blue

Jameshia had always been active, enjoying a daily walk, but she needed more, and her ability to use the pool, have staff support, and really develop an activity routine was too appealing to pass up!

February 2018, Jameshia took control of her weight by joining The Physicians Referred Exercise Program (P.R.E.P.) at Healthtrax in Raleigh. She was ready to lose the weight, and having a structured program to support her in changing these behaviors would be key to her success. She also knew she needed to start controlling her blood sugars. “Susan was great – she gave me support when I needed it most,” she says about Susan Kettren, P.R.E.P coordinator. “I started out with aqua fitness, the Xpress circuit, and Group Groove. All of the Group Fitness instructors are motivating.” In no time, Jameisha was a Group Fitness regular, pushing her limits in classes she once thought she’d never participate!

While in P.R.E.P, Jameisha was able to manage her blood sugar with physical activity. In fact, she dropped 20 pounds during the program, and has lost an additional 10 pounds doing her own program as a Healthtrax member! “I feel so much better and have more energy; P.R.E.P. is the best. I have a very strong history of diabetes and cardiovascular disease and I needed to start healthy habits to reduce my risk. I can’t express how important it is for healthcare providers to tell their patients about exercise, and give them a referral to P.R.E.P. Kristin (her Healthcare Provider) did this for me, and it has changed my life!”