

Active Living & Healthy Eating.....Can Help You Achieve Your Weight Loss Goals

Compare a picture of Shane Wilson taken several years ago to one that was taken in August 2003 and you'd hardly say it's the same man. Shane, a community member from Glooscap First Nation in Nova Scotia has lost a total of 114.5 pounds in one year. Last summer, Shane reached his highest weight ever, 284.5 pounds. Ever since Shane was a young boy, he has always had a weight problem. Over the years, he has thought about his weight, but never had the motivation to do anything about it! However, after attending a variety of community workshops on diabetes, healthy eating, and exercise, Shane claims that one session caught his attention. Last summer, the ADI program and the community health center staff teamed up to offer Glooscap community members the opportunity to participate in a community walking program using pedometers. These are small electronic devices that can be attached to an individual's belt and are used to record the number of steps that a person walks in the course of a day. Ideally, a healthy person should walk 10,000 steps a day to maintain their health and current weight. Shane said the whole pedometer idea and measuring your steps really caught his attention. He also said that at that time, his motivation to lose weight and lead a more healthy lifestyle came not only from the pedometer but from within himself.

Before starting his walking program, Shane was walking about 2,000 steps a day. However, shortly after starting his program, he quickly worked his way up to 10,000 steps a day, then 14,000 steps, and finally

20,000 steps per day. After several months of using the pedometer and losing weight, Shane was so impressed with his results that he decided to begin a daily cross training program. Today, that has evolved into 15 km of walking and running each day. Since the beginning of his program, Shane has missed only 3 days in the past year. In addition to his daily cross training program, Shane is also dedicated to participating in 30 minutes of weight training exercises each day.



Before



August 2003

Over the past year, Shane has also focused on improving his eating habits and is now eating 3 meals a day with lots of healthy food choices from Canada's Food Guide. One of his favorite meals is Chicken Pita Wraps stuffed with lots of veggies like green onions, green and red peppers, white onions, tomatoes and topping it all off with a variety of herbs and spices. Besides his pedometer and own self-determination, Shane also credits his weight loss success to the support of his family, friends, and other community members of Glooscap. Shane is very happy with the lifestyle changes that he has made in the past year. He has also had the pleasure of buying some new clothing as losing 114.5 pounds has left him with a significantly smaller waist line. In the past year, Shane has dropped from a size 56 to a size 38.

Over the past 3 months, Shane has lost an additional 26 pounds bringing his total weight loss to 144 pounds in just 16 months. He is proud of his weight loss success and his advice to other people who want to lose weight is 'Keep At It and Take It One Day At A Time!' Congratulations Shane!

Submitted By:
James McGrath, RD, C.D.E.
Diabetes Community Consultant
Aboriginal Diabetes Initiative
The Confederacy of Mainland
Mi'kmaq
Truro, Nova Scotia