RYAN'S JOURNEY

The road to a healthy lifestyle
THE JOURNEY BEGINS

• 10 years old (Fifth Grade)

• Abnormal issues with school work

• Emotionally distraught

• Started meeting with psychologist
HEALTHWORKS

The Beginning  
(January 31, 2013)
• 5th grade (11 years old)
• Weight = 65.4 kg (144 lbs.)
• BMI = 28.31 kg/m
• Diagnosed as "severely obese"
• Cholesterol = 174
  • LDL = 109
  • HDL = 50

The Progress  
(August 20, 2015)
• Weight = 72.1 kg (159 lbs.)
• BMI = 23.5 ("normal")
• PBF = 20.3 % ("normal")
• Skeletal Muscle Mass = 32.2 kg ("normal")
• Body Fat Mass = 14.6 kg ("normal")
• Cholesterol = 130
  • LDL = 55
  • HDL = 62
The Road to Success

- Care Team
- Cooking Classes at Cincinnati State's Culinary School
- Positive Role Models
- Stumbling Blocks
- Refocusing