

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

