

Healthy Hall of Fame

Merry Bond - Nursing Faculty

Healthy changes made recently:

Merry has lost 120 pounds and wants to lose 70 more! She has a mentor/coach who she is able to talk/discuss things that are going well and things that aren't. She is eating smaller portions more often throughout the day. Her energy level has increased, which makes her want to move more. She's drinking more water. Merry struggles with comfort eating and surrounding herself with positive people and her support community helps her to stay strong.

Goals:

Her original goal to lose weight was overwhelming, so she started with smaller goals. Every time she accomplishes a goal, she rewards herself with something (like new shoes or a fit bit). Her exercise goals are to increase speed and duration while walking or running. She hopes to run a 5k soon.

Current workout plan:

She exercises every day and enjoys walking the most. She has recently been able to run because of increased mobility. When she goes to the gym she will lift weights or do cardio.

Healthy eating habits:

Merry is on a nutrition plan that includes lean meats and lots of greens. She incorporates small amounts of healthy fats, which are helping her learn portion control. She eats small amounts every 2-3 hours.

Motivations for a healthy change:

For Merry, this wasn't the only reason, but the one that sparked her desire to make changes. She also told me it was okay to share this as she shared it in a Community Conversation.

Merry was scheduled to take a flight with Southwest airlines, an airline she had never flown before and someone else booked her flight for her. When she arrived at the airport, the person behind the counter recommended that she get an extra seat. Having an extra seat meant that she would have to board the flight first to pick her seat. They gave her a "seat voucher" and instructed her to put it in the seat next to her. Merry felt mortified at this ordeal and wanted to make some healthy changes. She also wanted to be able to move more without getting short of breath. She wants a good quality of life and to be healthy into her golden years.

How she sticks with it:

Merry said that keeping her “why” out in front of her helps a lot. Always seeing your reason for doing it in front of you is a reminder to keep moving toward your goals. She also does a lot of positive self-talk, reminding herself of how far she’s come. She is also determined to keep her promises that she makes to herself.

Advice for others:

Do something! Don’t feel like you have to change everything at once. Even if it’s the smallest change, change something! Then move on to something else. Also, remember that it’s your journey! Your journey isn’t someone else’s journey and you don’t have to be just like them. Always give yourself grace and keep going forward towards your goals.