



WAYNE HELIE INSPIRES OTHERS TO NEVER GIVE UP

Keene Family YMCA

Wayne Helie joined the Keene Family YMCA nearly 2 years ago after a long period of inactivity. He had stayed home to care for his wife and they spent most days on the couch watching TV together. Sadly, his wife ultimately passed away and Wayne realized his own health had deteriorated. He weighed 265 pounds and had a 39" waist. He had high blood pressure and type 2 diabetes. Wayne was required to take medicine to reduce his blood pressure and was insulin dependent. He knew he needed to do something realizing if he stayed on the path he was on he would die if he didn't make a change.

Wayne began coming to the YMCA 3-4 times a week and did not see a noticeable difference for several months. He then joined the **Diabetes Prevention Program**. He began to notice a steady gradual decrease in weight. He was encouraged by these results and kept up his activity while also eliminating unhealthy food from his diet. **Today Wayne weighs 170 pounds and has a 29.5" waist.**

The best part of his effort has been the effect on his overall health. He no longer has high blood pressure or diabetes and is no longer reliant on medication. He says he feels great and his doctor tells him he is going to live to be 100! Wayne wants to emphasize that you should never give up. It may take a while but eventually you will get there and he is proof of that. Thank you Wayne – you are an inspiration to us all!

