



Charles is a Kannact Participant and a truck driver with a daily / regional route. He was diagnosed with Diabetes Mellitus Type II, Hypertension, and Hypothyroidism. He's on medications for all of these disease states.

He told his coach that he would not change the fact that he eats fast food 18 times per week (3x per day, 6 days per week).

His coach asked for his trucking route, looked up the menu at the restaurants available, and had Charles call them at each stop.

In less than a year, Charles lost 40 lbs. and reduced his insulin prescription in half. Charles was able to maintain the weight loss and began to manage his food choices by himself with ongoing success.

“I’m not going to change my whole life just because I have a few health issues.”