

Member of the Month

• June 2014 •



Jeremy Blankenship

Jeremy was diagnosed with type II diabetes in November 2013. When diagnosed, his blood sugar was over 700 with 10.9 A1c and he weighed 320lbs. After being released from the hospital, Jeremy started coming to the Diabetes Class that was held at LIFT. He was already a member and began to really utilize the facility.

He came in every day rain or shine and biked. He fell in love with the feeling cycling gave him. He trained for the century bike ride in May 2014. The route was 62 miles! Through balancing his eating and his training, Jeremy was able to accomplish his goal! He proved to himself and to others that he was not going to allow his condition to beat him.

Since his last check-up in April, Jeremy's blood sugar levels average at 105 and his A1c is 5.5! He has lost 50lbs and is losing more and more every day. The biggest success to date is that he is now 100% off ALL diabetes medication! He is also off all his other medications as well.

He is controlling it exclusively with diet and exercise.

We are thrilled that Jeremy represents the vision that LIFT Wellness has for its members: health focused; wellness centered. Congratulations Jeremy on your hard work and dedication to yourself and your health!