

Traci Found Health Was a Journey, Not a Race

“There are as many different ways for people to lose weight and get in shape as there are people,” says Wellness Center member Traci Hoeting, “but it all starts with two important things: deciding this is the change you want to make and knowing that it won’t be easy.”

Traci has been a member at the Wellness Center for more than a year and has been actively making positive lifestyle changes. She has lost more than 70 pounds, dropped 10 pants sizes, and has gone from taking nine medications to zero. Traci couldn’t be happier with her decision to join the Wellness Center.

“Before I lost the weight, I was a diabetic,” Traci says, “and just recently my doctor informed me that I am no longer considered a Type 2 diabetic.” Words cannot even begin to describe what that means to Traci, but it motivates her to stay on track.



Traci Hoeting continues her journey towards health.

Over the years Traci has belonged to a number of other gyms, but attributes her consistency and success to the Wellness Center. The Wellness Center has provided Traci with tools to help her manage all aspects of her health. She meets with a personal trainer weekly; has consulted registered dietitian Aren Dodge; participates in group fitness classes; and attends relevant lectures offered at the Wellness Center.

“The forums and the workshops they offer here are full of great information, and they’re included in my membership. When we join the Wellness Center, we are all given the same resources. How we choose to use them is up to us,” says Traci.

When it came to getting healthy, Traci thought of it as a race with a finish line. Then one day while looking around the Wellness Center it hit her. “I like coming to this place, I like what I am doing, and I like the people here. When I hit my goal, am I going to stop coming? Am I going to fall back into my old patterns? That’s when I realized I wasn’t running a race, I was living a new, healthy life,” says Traci.

While some days are easier than others, Traci says every day is challenging. “This is a journey, with side trips and rest stops, ups and down, but at every single stage there is a reason to celebrate.”