

## Francisco Oporto Makes Dramatic Health Turnaround

One in six Americans has high cholesterol, about 16% of the population. In Fauquier, Rappahannock, Culpeper, Orange and Madison counties, almost 40% of adults have high cholesterol. Most people know they need to lower their numbers, but it is hard to find the motivation. Francisco Oporto has found his motivation- to stay healthy for himself and his loved ones.

Francisco has been a member of the Wellness Center for over a year. “When I first joined the Wellness Center, I was overweight with high cholesterol, above normal levels of uric acid and pre-diabetic.” Francisco knew he faced serious health problems but it wasn’t until he met with Aren Dodge, registered dietitian with Fauquier Health, that he finally decided to make a change.



**Francisco continues on his quest for wellness.**

Aren says, “Francisco first met with me last July. We discussed his daily routine, which included working long days, lack of sleep, skipping breakfast and eating out for lunch.”

Francisco also had a family history of diabetes. “Family history is a big factor when it comes to medical risks such as cholesterol, diabetes, high blood pressure or obesity. Usually these diseases are all best friends and add a lot of extra work to your heart.” If not monitored, high cholesterol can contribute to heart disease, which is the leading cause of death in the United States.

Over the past 14 months, Francisco has seen great success on the road to good health. “My cholesterol has gone down. I have lost almost 42 pounds, improved my exercising habits and have altered my diet. I have reduced my intake of meat; especially red meat, and now I have a diet based on vegetables and fruits.”

Since starting this journey, Francisco has gained much more than just physical results. “The staff at the Wellness Center is different from other gyms I have joined in the past. They encourage me without the added pressure. They correct my form to prevent injury,” says Francisco. “It is not about building an athletic body or losing a certain number of pounds. For me this is all about consistency; my only goal is to stay healthy.”

**For more information on the Wellness Center or to speak with Aren Dodge, please contact us at 540-316-2640.**