

Fauquier Health Staffer Makes One Change for Health

When Linda Davidson of the Health Information Management Department arrived here from England 24 years ago, she only planned to stay a couple of years, but life gets in the way ... and she is still here. And that is the way her weight gain happened as well, a little at a time, hardly noticeable at first. Perhaps it was too much American fast food or maybe the stress of adjusting to a new culture; it's hard to pinpoint any one reason. But when Linda heard about the Make One Change wellness program that Fauquier Health was offering to its employees, she decided it was time to lose those extra pounds.

When Linda first read about the program, she thought, "I can't do this. It is way too much!" But LeAnn McCusker, director of the Fauquier Health Wellness Center (formerly the Fauquier Health LIFE Center), explained, "Make One Change just asks you to commit to changing one aspect of your lifestyle. For 12 weeks you can focus on just one change that will help you be a healthier person. We have lots of options, designed to work for you and your specific situation."



Linda Davidson's goal was to lose 35 pounds through the Make One Change program. She's nearly there.

Since then, Linda has lost 28 pounds through Make One Change and is on her way to losing the final 7 that will put her at her goal weight. She is looking and feeling great. She explains, "What I like about Make One Change is it isn't extreme. There were no foods I have to eat and no foods I can't eat. I exercise moderately and I stay under 1,600 calories, which is a healthy long-term amount. This is not a crash diet, it is a lifestyle change. I keep a food journal one week every month, which is enough to show me where I can improve and not so much as to have my life revolve around food journaling."

Why does she stick with Make One Change instead of other programs? Linda says, "In addition to the sensible program, I like the upbeat e-mails with tips, recipes and encouraging messages, and the Wellness Center staff are always there to answer my questions." As an additional motivation, those who finish the 12-week program are eligible for rewards. Linda says the rewards are a very nice extra.

Linda can sign up for a new session of Make One Change every 12 weeks. She has tried following a plan on her own, but found being in the program helped a lot. "I can maintain just fine off of the program, but I didn't lose. It helps you stay on track and accountable." So, until she reaches her goal, she will stick with it.

Linda had been on diets before, "None of my previous diets re-educated me or got me down to my ideal weight. The skills I learned through Make One Change will help me keep it off for a lifetime."