



Comments from Sid Peterson Memorial Hospital  
LoneStar Team Esteem Challenge  
February 19 – April 22, 2007

*(Yes, these are real, actual, un-edited comments, even the negative one.)*

- I loved it!
- I really like the program. The 21 day weigh-in's were helpful in keeping me motivated.
- Great informative program.
- Very impressed and great incentives.
- Uplifting for staff at ACC – lots were motivated and made it fun for all. Made me think twice before eating something—better choices all in all.
- I think I would have made more effort if there were more group support (diet wise). I increased my exercise . . . no weight loss, did improve muscle strength.
- Resumed walking on my treadmill 3 – 5 times per week.
- The information was pretty much what I already knew.
- Program is great. Hope to continue on 21 day weigh-in.
- I lost inches and I'm very pleased. I have reduced sweets and now working on reducing bread intake and increasing grain products. Love the program.
- I liked the fact that it was at my pace. I like weighing to see how we are doing. I liked the literature and book provided to learn the proper foods to choose and what to avoid.
- Periodic feedback and encouragements helps. I have made a number of positive changes and will continue with the program.
- I think it works just fine. Very impressed with literature. Great program.
- It gave me incentive to initiate.
- My endurance on exercise has increased so much. Now I feel guilty if I don't do it. I have also started cooking more fish and chicken dishes and eating much healthier.
- I've not only lost weight but have dropped down 3 sizes in my jeans. We have been taught how to eat better, drink water more, read labels and count our calories. I exercise more and actually enjoy cooking now. Thank you for the tools and keeping the momentum going. I feel great and will never go back.
- This was just what I needed to jumpstart my way to good health!

- This is a really great weight loss program. I have seen quite a few people who have shed the pounds. My biggest issue is exercising.
- Before the LoneStart program I lost 10 pounds. I knew I could do this on the program; it was a jump start for me . . . boy do I feel great . . . This is a great program on healthy eating . . . Thanks SPMH for getting me started on the program.
- I did not like the teams. There was pressure in trying to win the money . . . They should be doing it for the right reason . . . still determined to continue a healthier lifestyle and meet my personal goal. Thanks for the program. I needed it.
- I feel this program gives everyone the pep they need to take better care of themselves. I feel so much better since I have been exercising and eating better.
- I really liked the quotes in the journal. Even though good “lifestyle habits” are very serious subjects, fun laughter and stress reduction make living so much more manageable . . . LoneStart is a good start for SPMH.
- It has been fun and I feel so much better. Our team has been very committed and support each other—we will not stop when the program is over, as we see how it has helped us.
- I know it would help people to try and come in and weigh or see how things are going. This way they stay more positive about their goals and don’t forget.
- I’m happy when I’m on a plan and exercise on a regular basis.



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