



Healthy and Wise: HAP Weight WiseSM Program

From Wayne and Waterford, Detroit and Dearborn, Canton and Center Line, more than 600 Wise Women from throughout metro Detroit gathered at Burton Manor in Livonia to hear Zonya Foco, registered dietitian and author speak on weight management strategies.

Among them was Celia Ford, struggling with depression and weight gain after losing her job last February. She also has diabetes and a knee injury that

makes it difficult for her to do a lot of walking. "I'd been to my doctor who said 'lose weight and exercise.' I know all that." What Celia really



CELIA FORD

needed was inspiration that would re-ignite her desire to take care of herself. Upon seeing the conference announcement, Celia considered attending. "I thought, 'I'm not going to know anybody... I don't really feel up to it,'" she recalled. "Then I decided I needed to do something for myself, and improve my outlook on life."

So Celia attended the program, which Zonya kicked off by enlisting all 600 Wise Women in a group pledge: "I am committed to making a change, starting today." That pledge on September 18 began a journey on which Zonya would accompany these women, sending daily e-mail inspirations and meeting two more times as check points before the close of the year.

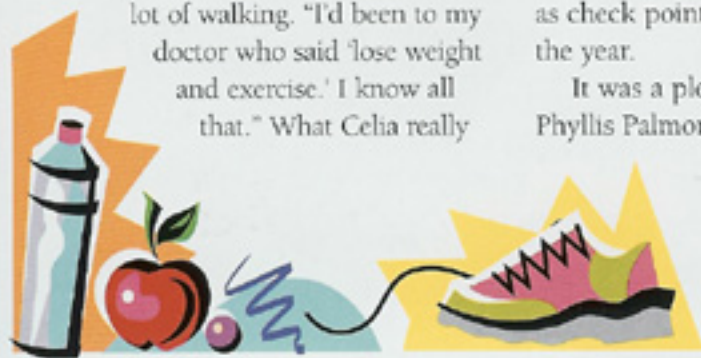
It was a pledge Wise Women like Phyllis Palmore took seriously. Phyllis

had struck a deal with her father. "My weight and health is a concern to me, and my father is also overweight. We're going to work together to get in shape," she said. "I plan to start using the treadmill I bought in August. I've wanted one for years, yet I've only been on it twice," she admits. "I'm great at starting diets and fitness programs. Maintaining is the challenge for me. Every time I start, at some point I stop and the weight comes back and brings more with it."

Throughout the conference, Zonya repeated, "Knowledge is power, and we have choices." For example, Zonya gave a startling illustration of what



PHYLLIS PALMORE



I am committed