

# Meet Dara...

After suffering from arthritis in both her hip and knee, her healthcare provider, Dawn Diaz, told Dara about P.R.E.P.® Dara was excited to start something new and eagerly asked for the referral.

Dara needed to lose weight so she could undergo hip replacement surgery and P.R.E.P.® was the perfect fit. She was always self-conscious about her appearance when she went to other gyms, but that was not the case when she showed up at Healthtrax for her intake assessment. She felt like she fit right in with the other members and it was a non-intimidating environment that made her comfortable. As she began her physical activity journey, Dara found her niche. She made friends, developed a love for exercise, and started to believe that change was possible.

To start, Dara attended aquatic fitness classes. After several weeks of routine class attendance, Dara also began attending the chair yoga class to help diversify her activity and further strengthen her joints. During P.R.E.P.® she also changed her diet, and Dara was able to lose a total of 14 pounds over the course of the sixty-day program! The weight loss wasn't the only benefit though. Dara was also able to stop taking her blood sugar medication and is having less frequent GERD flare ups. Dara has another six months to prepare for her surgery and will continue using Healthtrax to reach her goals.

Dara's advice: "if you have health or mobility problems, you should join P.R.E.P.® And, don't be afraid to ask questions; the staff is here to help you be successful! Developing the routine of coming in often will help you be consistent. If you're not dedicated and consistent, it'll be hard to make real progress." Not only does Dara believe that P.R.E.P.® is ideal in helping people become physically active, she also believes that "every single healthcare provider should be referring their patients. It is life-changing."

Dara was able to restart her fitness through the help of P.R.E.P.® and you can too!

P.R.E.P.  Healthtrax

Physician Referred Exercise Program



For more information about P.R.E.P.®, please contact Megan Skidmore, [mskidmore@healthtrax.net](mailto:mskidmore@healthtrax.net)

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