

When Virginia Hutchins, the Features Editor, informed me that Chris Steinbach was interested in our “project”, I was eager to work with him as he is a leader in our community and battled his weight most of his adult life.

In our first appointment, I discovered he has tried everything from diet programs to nutritionists. I was impressed he was now willing to try one more thing.

When I said something out of the ordinary, Chris would raise an eyebrow and turn his head towards me. I then knew I had piqued his interest. At times I doubted he would follow my recommendations. Then we would meet again and he would report on what he had done and how he felt.

He seemed genuinely surprised by the positive changes taking place in his body. At each meeting he exhibited more resolve and determination. He literally transformed himself before my eyes.

Chris is no different than any other person who has struggled with their weight. He now admits he was skeptical at first and thought, at the worst, he would write about one more failed diet plan. I did not give Chris a “diet” to try. I gave him a lifestyle to live! He was willing to try and the results show he gave it his all.

I could not be more proud of Chris. I have no doubt he will continue his journey to better health especially with all the support he has received from the community.

If you are interested in changing the direction of your health, I am teaching this program in a four-week series called “Eat Well and Be Healthy” on Thursday nights at the College of Southern Idaho. It starts Sept. 14 from 7:00 - 9:00 p.m., and you can register by calling CSI Community Education Center at 732-6290.