

VITALSIGNS WELLNESS



Before



After

Meet John Barrett

LAUNCH & VITALFIT PARTICIPANT

John came to VitalSigns searching for a way to lose weight. He was an athlete in high school and remained an avid exerciser even when structured sports ended. John's weight gain began in college and then, after college, he went into the restaurant business which only encouraged his poor eating habits. Despite exercise, he continued to gain weight for 30+ years. A knee injury and surgery brought his jogging to a halt and his weight gain skyrocketed. At one point, John thought he would have to use a walker because his mobility was so poor.

John chose East Tennessee Spine and Sport for physical therapy after his knee surgery and found VitalSigns. Wanting to lose weight and increase his strength, John decided to join Launch. He says the Launch program taught him that "you actually have to have your body burn the fat itself. You cannot exercise fat off your body." John learned how to eat to allow his body to burn fat. After Launch, John joined VitalFit where he has gained strength and learned how to exercise efficiently so he "doesn't have to spend all day jogging." He no longer fears losing his mobility and needing a walker!

After 14 months, John has lost 82 pounds and decreased his body fat by 20%. His insulin level has dropped from 16.9 to 8.2 and he is no longer insulin resistant. John has reversed his pre-diabetes and his high blood pressure. He says VitalSigns has "made my body function better and I feel great!"