



## Start Small and Build from There

**Rhonda Brown** from Greenville, NC is from a family of eight children. Her career at East Carolina University spanned over three decades, followed by a dedication to nonprofit work until the onset of the pandemic in 2020.

Before she joined the Med-South Program, Rhonda had experienced weight fluctuations and battled with health issues like high blood pressure and high cholesterol. However, it was a pivotal moment when she realized that it was time to prioritize her health and make sustainable lifestyle changes. Rhonda saw a Med-South advertisement on television and, determined to make changes, decided to participate in the program alongside her husband. During the pandemic, she and her husband made a commitment to daily walks, ensuring they remained active despite the challenges posed by lockdowns.

One of the most significant changes Rhonda made was being more mindful of her food choices. She incorporated more fruits and vegetables into her diet and reduced fried foods. Also, she now pays attention to nutritional labels and opts for healthier alternatives even when eating out. Through the program, she learned the importance of planning and preparation. With the support of her counselor and the accountability provided by the program, she was determined to reach her weight loss goals and lower cholesterol and blood pressure.

As Rhonda continues her journey towards improving her health, she remains inspired by her favorite mantra: "I'm determined to conquer, and I won't let anything defeat me." Rhonda aims to inspire others by sharing her journey, urging them to welcome change and begin their paths towards better health. She says it is never too late to start over and encourages others to start with the smaller things and build from there.