

Customer Spotlight . . . An Inspiration for Diabetics



Dick Hewitt of Portage, Michigan is a third generation Type II Diabetic. He was diagnosed on July 27, 2001 at age 50, but like many others, had probably already lived with the disease for nearly two years but didn't realize it. He purchased a LifeSpan TR2000 treadmill last March after reading an article from the American Diabetes Association about the benefits of walking downhill and the positive effects it can have on diabetes.

Dick uses his TR2000 for 30 minutes nearly every day (10,000 steps). His favorite feature of the TR2000 is the decline feature which allows him to walk downhill. **"The LifeSpan TR2000 is great and I'm a true believer in walking downhill!"** says Dick.

Since purchasing his TR2000 treadmill in March, Dick has seen improvements to his health. His Blood sugar and A1C are improving, his weight is going down, and his blood pressure (and heart rate) are improving. "Before the LifeSpan, my daily mg/l level was averaging about 157. Today that average is about 113! My A1C was at 7.5% and at last check in mid-October it was 6.9%. My weight was around 238 last March, now it's about 221 and headed down."

His background in engineering and building robot systems contributes to his desire to track every statistic possible and be creative with his exercise. He faithfully tracks his steps, converts them into miles, and even uses Microsoft's Streets and Trips to create imaginary walks. He's walked around Lake Michigan, and is now walking to Lakeland, Florida to the Detroit Tiger's Fantasy Camp.

"Diabetes has changed my life in a number of ways, most importantly, it has been my wake up call to better health. Putting all the other things aside, I firmly believe the best road to diabetic control is Diet and Exercise. When I was first diagnosed, I was told, "diabetes is a disease you can walk away from! It's true!"

Dick keeps his compact treadmill in the family room, next to the fireplace, in front of the big screen TV! He likes to walk and watch the Red Wings or Detroit Tigers! "In 2008 I'm going to participate in the Detroit Tiger Fantasy camp. LifeSpan is my "ticket" to conditioning to play baseball!" All of us at LifeSpan are cheering him on as he continues to improve his health and works toward achieving his fitness goals.

