

Mayo Clinic Medical Edge
Reaching Optimal Health

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	AFTER YEARS OF YO-YO DIETING AND ON AGAIN OFF AGAIN EXERCISING, JULIE WILLIS IS FINALLY GETTING SOMEWHERE.
Julie Willis, Patient	"I'VE BEEN VERY CONSISTENT WITH MY EATING PROGRAM, BUT I JUST STRUGGLE WITH THE EXERCISE ACTIVITY PART OF IT."
	STICKING TO A PROGRAM HAS BEEN HARD TO DO. MAYO CLINIC WELLNESS EXPERT JON GIESE SAYS JULIE IS NOT ALONE.
Jon Giese, Wellness Expert	"THEY FALL OFF THE WAGON. SIX WEEKS. MOST PEOPLE DO."
	JON HELPS KEEP PEOPLE LIKE

	JULIE ON TRACK. HE AND HIS COLLEAGUES ARE IMPLEMENTING A NEW PROGRAM. IT'S NOT ABOUT MAKING RADICAL CHANGES IN YOUR LIFE, BUT SETTING REASONABLE GOALS.
Jon	“AND WE ASK THEM WHAT THEY THINK IT WILL TAKE THEM TO GET THERE.”
	THE PHILOSOPHY IS IF YOU REACH ATTAINABLE GOALS IN THE SHORT TERM, YOU WILL DO BETTER IN THE LONG RUN.
Jon	“YOU'RE WILLING TO TAKE ON GREAT AND GREATER CHALLENGES BECAUSE YOU'VE EXPERIENCED SUCCESS IN THE PAST.”
	SUCCESS THAT'S MOVING JULIE TOWARD HER WELLNESS GOALS.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN

	WILLIAMS.