



From left: CRI LEP participant Monserrate Perez and Urban Health Plan personal trainer Luis Vasquez work out at the Canyon Ranch Institute Health and Wellness Center at Urban Health Plan in the South Bronx, New York.

For more information about the Canyon Ranch Institute Life Enhancement Program, see www.canyonranchinstitute.org or call Canyon Ranch Institute at 520-239-8561.

The Canyon Ranch Institute Life Enhancement Program Saved My Life

I've been a patient at UHP for four years.

Two and a half years ago, I was diagnosed with diabetes. I weighed 253 pounds and had a 38-inch waist. This was serious; I was so upset. My mother died of complications from diabetes and my grandmother was diabetic and lost her sight. I was overweight, depressed, and stressed out, but then I met Cecibel Goler who recommended me for the Life Enhancement Program.

There are three things I learned to do from the program: exercise for 30 minutes every day, eat healthy and take my medication. Over the past 10 months, I lost 53 pounds. I feel great and feel 20 years younger. This program saved my life. I don't have to take my diabetes medication anymore. Even my high blood pressure is under control!

I learned how to eat and how to exercise. Before I would eat two pizzas with extra cheese. Now I don't eat red meat, no pizza, only chicken and fish. I used to belong to a gym in Hunts Point, but I never worked out. I wasn't motivated. But at the LEP, you have Luis the personal trainer, Patricia, and Cecibel the nutritionist. I exercise five days a week at the gym at LEP, one day at home, and I rest one day.

I wish someone had told me how to live this way. I would have done this years ago. I smile more now; life is totally different. I tell everyone about this program. I want them to feel the way I feel. Before I always had negative thoughts; "I'm sick, I have diabetes." Now I don't even think about it. I'm controlling the diabetes, it doesn't control me.

Monserrate Perez

Program Participant,
CRI Life Enhancement Program at Urban Health Plan
South Bronx, New York