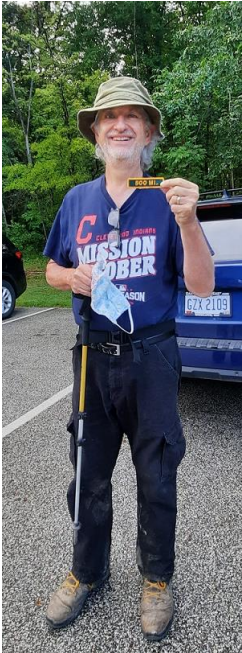


## David's Weight Loss Success

After four decades of adding pound or two per year weight gain, and reviewing his biometric screening results each fall, David Schiraldi decided to start working on being healthier in January 2019. He and his family adopted a diet, brimming with fruits and vegetables and a reasonable amount of lean meat and fish.



Halfway through the 2019, David took up hiking again, something he had put on the shelf many years ago.

He started back hiking with a Lake County Metroparksclub twice per week (about 10 miles per week) but soon moved on to the Cleveland Hiking Club. This 100 year old institution offers about 20 hikes every day of the year. David built up to four then six hikes per week, now logging 40-45 miles per week.

In 2019, David dropped about 35 pounds! His annual biometric screening in the fall showed great improvement and kept him motivated.

Aided by the absence of restaurant meals since the pandemic hit, David has continued to lose weight, now up to 60lbs over 21 months!.

David says, “With the weight loss and significant increase in exercise, meds for cholesterol and high blood pressure were no longer needed. I am now more or less at a level weight, allowing myself some bread or pasta every week or two, but maintaining the focus on portion size, and continued eating of the right sorts of food.”

The photo is from a club hike, when David completed 500 miles with the club. He plans to keep hiking and hit 1000 club miles in October 2020.