



Janet and Beth

Janet is a person that is admired by many. She has an incredibly cheerful personality and infectious sense of humor. She has survived a tough life and she shows incredible resilience. Since meeting Beth Davis, her Supports Coordinator, Janet has been on an inspiring journey towards a healthier lifestyle, being committed to her weight loss and diet.

Janet takes a lot of pride in her appearance and she has made incredible strides on her journey thus far. Beth, Janet's Supports Coordinator, is personally interested in health, fitness and nutrition and she has tried to apply her beliefs to the well being of those she supports. Through the support, knowledge and dedication of Beth, Janet has included a healthy lifestyle goal in her Individual Support Plan, her ISP. As a result, Janet now eats healthier, exercises, takes walks on the local outdoor track and she has recently added lifting weights and toning her muscles to her goals. She is becoming more confident and independent. Janet is feeling motivated to secure a job in her community.

In addition, Janet speaks to groups about her life experiences. Beth has provided Janet with an understanding of how a healthy lifestyle is not only good for you but also fun. Janet is the first to say she has lost lots of weight and feels great and looks amazing!