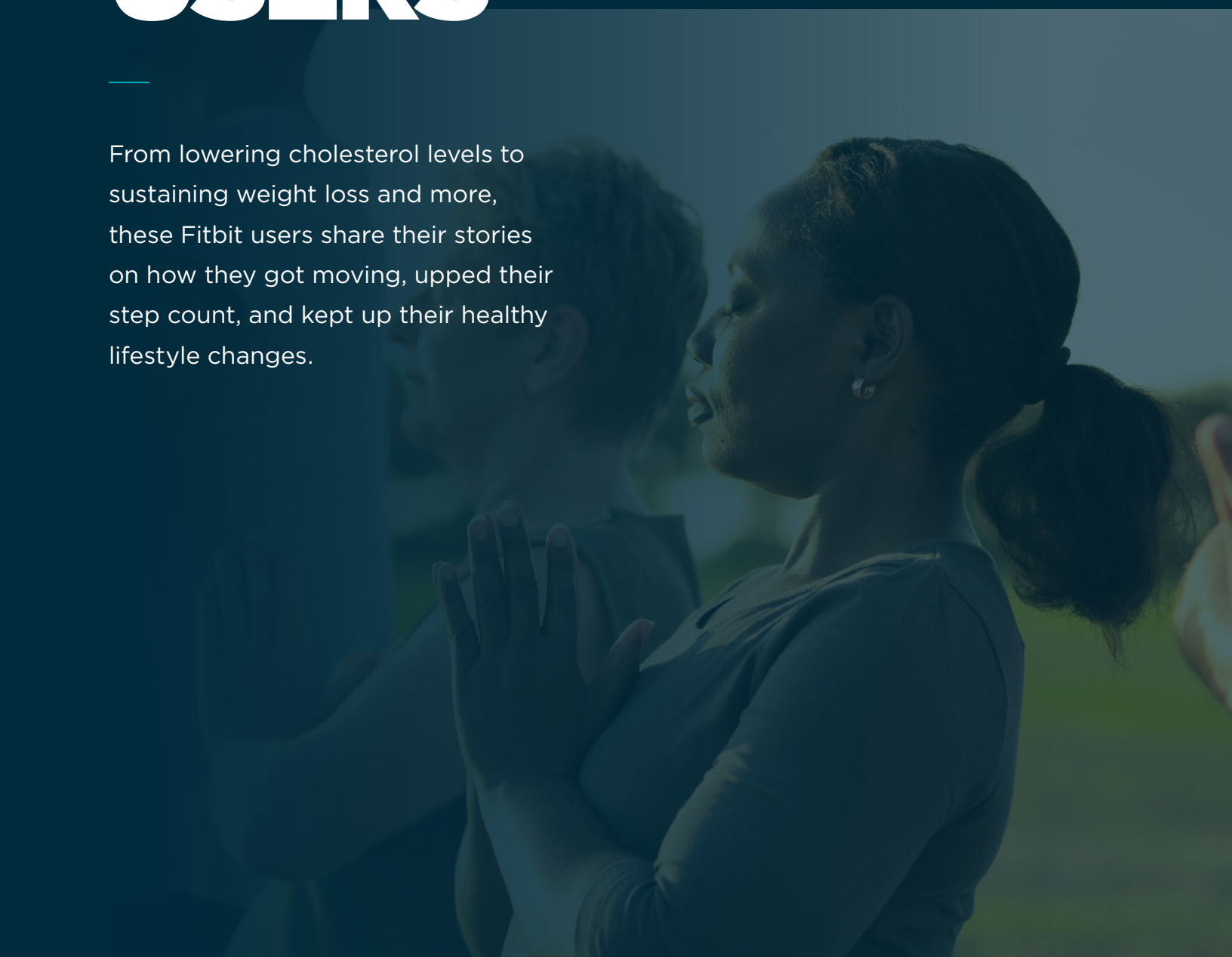


Fitbit Enterprise

SUCCESS STORIES **FROM FITBIT USERS**

From lowering cholesterol levels to sustaining weight loss and more, these Fitbit users share their stories on how they got moving, upped their step count, and kept up their healthy lifestyle changes.



MICHELLE LOUK



Lowered Her Cholesterol



A few years ago, 28-year-old Michelle found out her cholesterol was high. She learned that if she didn't get her numbers under control, she would need daily medication. Right away, she altered her diet to include healthier foods and exercised here and there, but saw no

change. Soon after, her father passed away, inevitably sinking Michelle down to a low place that put diet and exercise on the back burner.

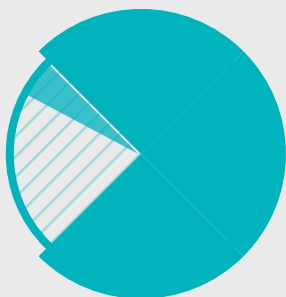
Then, she was given a Fitbit device through Bangor Savings Bank's corporate wellness offering via Fitbit Health Solutions. The device motivated her to get moving again. She started tracking her sleep, exercise, and calories burned every day.

Specifically, the Fitbit corporate challenges that Bangor Savings Bank ran, like Who's the Boss (which prompts employees to compete against their executives), pushed her to reach the most steps she had ever achieved. She even got her family walking with her to help her hit her goals.

About 6 months later, Michelle had her cholesterol checked again and saw that her "good" HDL cholesterol numbers had gone up by almost 25% and her "bad" cholesterol numbers took her out of the danger zone, going down almost 7%. Her Fitbit device gave her the motivation she needed to stay on track and keep pushing herself to do better. She now hits an average of 10,000 steps a day and doesn't plan on stopping—and neither does her family.

LEARN MORE about the corporate challenges Michelle participated in with her employer, Bangor Savings Bank.

"My Fitbit got me back on track. I now have a treadmill in my house and my Fitbit on my arm every night."



HDL CHOLESTEROL:
25% INCREASE

LDL CHOLESTEROL:
-7% DECREASE

ERIC ISAKSON



Detects Afib Episodes

39-year-old Eric Isakson joined his company's fitness challenge in an effort to be more active. One day at the office, he noticed via his Fitbit device that his heart rate was racing at 155 beats per minute—prompting him to visit the hospital. There he learned he was experiencing an atrial fibrillation, or afib, episode as a result from a leaking mitral valve. Had he not visited the hospital sooner, his doctor said he could have had a massive stroke or heart attack.

“Nowhere on my radar was I expecting to have a heart condition.”

Eric has had several afib episodes, each one without obvious symptoms. The heart rate tracking feature on his Fitbit device alerted him to visit the hospital each time—without it, he would not have known about the episodes.

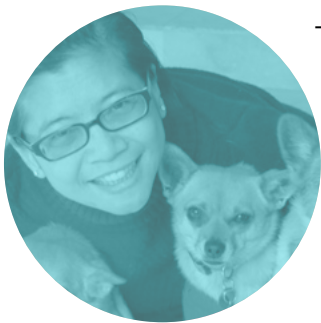
Since learning of his heart condition, his doctor has stressed the importance of eating well and living a healthy lifestyle, which Eric maintains through walking, biking, hiking, and working out at the gym. His Fitbit device helps keep him on track so that he can continue to manage his condition.



TRANG PHAM



Gets To 7,000 Steps By 7am



Trang's journey with Fitbit began when she realized she needed to get her health in check and lose some weight. Wearing her Fitbit device, hitting the treadmill, and upping her vegetable and fruit intake, she lost 20 pounds in 1 month. And she has sustained the healthy changes ever since.

A typical weekday morning for her involves a 4AM wake-up time. "I go to the gym every morning," says 54-year-old Trang. "I leave my house at 4:30AM so I can exercise for an hour before starting work at 6:30AM. I do my weights, aerobics, elliptical, or bike. By around 7AM, I usually have 6,000-7,000 steps."

But the steps don't stop there: during the lunch hour, she'll briskly walk over 2 miles with her co-workers in under 40 minutes.

On the weekends, Trang will take her 3 dogs on an hour-long walk. With her Alta HR, she consistently averages about 17,000 steps per day.

Trang's inspiration for all this? Wanting to live her best life. "I lost my mom due to an aneurysm and have been taking care of my 87-year-old dad with diabetes—so I've seen the number of medications taken by my parents," says Trang. "I don't want to depend on medication so I'm trying to do my best so I can enjoy my time with my husband, my 3 grown children, and my 3 dogs."



20lbs
LOST IN 1 MONTH

REP. NEAL COLLINS



Leading a Wellness Program by Example



Rep. Neal Collins' role as a wellness champion to rally colleagues, maintain engagement, encourage friendly competition, and lead by example proved to be key to the success of A Healthier State House, a wellness program rolled out at the South Carolina State House.

He literally walked the walk by participating in Fitbit challenges, and inspiring colleagues to take the stairs and walk the State House grounds. He was instrumental in getting an official walking trail marked and mapped at the Capitol Complex. He helped stay accountable to his fitness goals by tweeting out his own milestones—including a weight loss of nearly 20 lbs.

LEARN MORE about how Rep. Neal Collins got the South Carolina State House moving.



BRETT BRAUNECKER



Lost 80 Lbs And Ran His 7th Half-Marathon

Brett had been a fitness enthusiast his whole life, but his weight started creeping up largely due to stress, eating habits, and two ACL surgeries. He kept telling himself he needed to change his habits but had trouble following through: he'd make changes but only stick to them for a couple of weeks at a time.

Brett's mother was diagnosed with cancer; meanwhile, Brett continued to put on weight. At his next health screening, he learned he was up to 260 lbs. He realized, "I saw my mom fighting for her life through chemotherapy treatments and never backing down—and here I was taking horrible care of myself. Mom inspired me to take control of my health and I decided once and for all that I had to make a change. I went to the store on the way home that night and bought a Fitbit Flex."

Brett started to change his exercise and eating habits. He also tracked his activity, food and water intake through the Fitbit App. He started out with a daily step goal of 10,000 steps. This gradually went up to 15,000 and then to 20,000. He dropped his weight from 260 pounds to 180 pounds— 80 lbs in 6 months—and credits running to this weight loss.

He says he had never been a good runner, almost always finishing near last on all his sports teams growing up. He credits his weight loss with reducing the pain in his surgically repaired knee, and was feeling so inspired by this healthy outcome that he decided to run his first half-marathon at the Indy Mini in honor of his mother, who he says inspired him to push himself and to never give up. "Mom was always my greatest supporter and was behind me from the start. Unfortunately, she passed and wasn't there to see the accomplishment," Brett says. "But my wife, kids, and friends were there at the finish line, surprising me by wearing custom-made shirts and ringing cowbells!"

Brett was able to run his first half-marathon in 1:53:32, a feat that he would have deemed impossible not too long ago. Since then he has run 6 more half marathons and numerous 5K and 10K races - some of which he has run with his 8-year-old son and 9-year-old daughter.

He has kept his weight at a steady 180 lbs, and has lowered his LDL cholesterol from 134 (prior to weight loss) to 90. Four years later, he's still using his Fitbit Charge HR (but he's considering getting a Fitbit Ionic).



40 POINT DROP
IN LDL CHOLESTEROL



7 HALF MARATHONS
RUN IN 4 YEARS

BETHANY TERIACA



Beating a Heart Condition



During the holiday season, 29-year-old Bethany Teriaca was gifted a Fitbit Charge 2 by her husband. Though she initially felt like she didn't need it, she instantly fell in love with it. Wearing the device, logging her activity, and having the ability to log her steps already made her feel healthier.

But she quickly noticed that her heart rate always seemed high. The simple act of making a peanut butter & jelly sandwich would register her heart rate in a fat burning zone.

In January, Bethany had a sinus infection. When it went away, her chest pain, shortness of breath, exhaustion, headaches and numbness in her hands and feet remained. Her heart rate continued to race and by the evenings, her Fitbit data showed that she had spent 4 hours in a fat burn stage.

“By March, I was noticing that my heart rate was always high. The Fitbit Charge 2 was telling me that something was seriously wrong.”

So she began seeing doctor after doctor. First, an ER doctor. Then her cardiologist. Then a gastroenterologist. Finally, she ended up seeing multiple neurologists. Each time, she showed her healthcare professionals her Fitbit heart rate data. And each time, she would take a slew of tests that showed normal results.

Eventually, she took a tilt-table test which enabled her doctor to diagnose her with postural orthostatic tachycardia syndrome (POTS), a condition affecting how a person's heart rate and blood pressure¹ work together, often resulting in unstable blood pressure.¹ Six months later, Bethany has been taking medication to manage her POTS and is even back at the gym. “My energy is so much higher, and I'm finally able to run on the elliptical for 10 minutes—something I hadn't been able to do in a year and a half,” says Bethany.

* Cleveland Clinic. “Postural Orthostatic Tachycardia Syndrome (POTS).” <https://my.clevelandclinic.org/health/diseases/16560-postural-orthostatic-tachycardia-syndrome-pots>

CAROLE HANKAL



Gains Muscle Mass



Carole is a senior recovering from a muscle injury that caused Rhabdomyolysis, a rapid breakdown of muscle tissue. When her friend gifted her a Fitbit Charge 2, she was inspired to join the Silver Sneakers program at the YMCA—especially after failing to achieve more than 1,000 steps per day.

Prior to her injury, Carole considered herself an active person. When she re-started her fitness routine, she set a goal to reach 3,000 steps daily, and focused on working on her balance and building muscle with weights. “Then I saw they had a Zumba class. That looked fun,” Carole says. “Then I joined a line dancing class. Then belly dancing. I noticed that with just 1 hour of Zumba I could get 2,000 or 3,000 steps.” Her YMCA membership and Fitbit Charge 2 gave her the inspiration and tools to get moving in a variety of ways.

Five months later, after having kickstarted her exercise routine, Carole says, “I’m much stronger and I’m building muscle.” She has put on about 6 lbs of pure muscle mass. She’s still working her way up to a consistent 10,000 steps per day, but has surpassed that goal a couple of times, sometimes reaching 12,000 steps.

6 lbs
MUSCLE GAIN



ABOUT FITBIT ENTERPRISE

Fitbit Enterprise delivers devices and services designed to drive healthy behavior change. Our solutions motivate and engage people in a personalized health experience across the full spectrum of care, from wellness and prevention to chronic condition management. We deliver a comprehensive, personalized health experience powered by self-tracking technology and digital interventions. We help organizations empower individuals to improve their health in order to manage the health of their population.

