

Fighting Kidney Disease with Dialysis and “Ramp Up To Weight Loss”

Terry Angel

Started NIFS in April of 2016 with an overall goal to combat peritoneal dialysis calorie intake by making exercise a dominant part of my week. A dedicated exercise program helps my body fight the effects of kidney disease. I’m off to a great start in reshaping my body, increased energy levels, and improved cardiovascular health. Dialysis takes a toll on your body so it’s great to have habits to combat it. I have completed my initial goals of making exercise a priority. Being on dialysis you get used to routines – be it treatments or taking medication. Exercise is now an enjoyable routine thanks to the NIFS and Masie Duncan’s “Ramp Up To Weight Loss” program.



Top Things that Contributed to Terry’s Success

- 1. Make Exercise an enjoyable routine:** “Routines have become part of my life in the past year. With 4 dialysis treatments per day (every day), plus taking different medications twice per day, I’ve had a crash course in living on a schedule. I knew that I had to incorporate exercise into my daily routine, and I didn’t know how to do that. Masie Duncan at NIFS created sets of programs that got me rolling. After 12 weeks, I can say that exercise is a priority and my favorite routine of the week.”
- 2. Improved diet:** “Exercise is only part of the battle of living healthy—the biggest part is having a healthy diet. I met with Angie Mitchel 3 times over the past 12 weeks, we set monthly goals of improvement. She monitored my daily food intake via MyFitnessPal, and offered tips on how to achieve my goals. Being on Dialysis I have to be very careful with what I eat—as too much phosphates can harm my body. She helped pave the way for me to focus on a proper balance of vegetables, fruits and proteins. The improvements are glaring based on my most recent monthly blood labs—all my numbers are perfect for the first time!
- 3. Welcoming staff:** “Masie Duncan is the Ramp Up To Weight Loss program lead, she custom designed my program, and I worked with her on most workouts. However there were a lot of times where scheduling didn’t allow us to meet up, so I had the opportunity to work with several other trainers. I worked with 4 or 5 different trainers over the 12 weeks, every one of them were professional, knowledgeable, friendly, and very motivating. When I walk into the building now it feels very welcoming to see all the familiar faces.”

Today: “One of my initial goals was to get some training wheels to a consistent workout program. I definitely have benefitted and am happy to say that I’m off and running on my own now. I feel like a kid who just learned how to ride a bike and wants to ride it all over town. I’m looking forward to continuing my quest for optimal fitness on my own. These good habits will transfer over to post kidney transplant programs. It’s a habit I need for the rest of my life, so it’s great to have been taught good habits and how to do it on my own.”