

## Maria’s Story

Maria was approaching her 40th birthday. She took out an old photo album and thought, “When did I get so out of shape?” She thought that turning 40 meant she should think and act more seriously about her life. Her healthcare provider recently told Maria she had “pre-diabetes” and if she didn’t want to develop full blown diabetes, she should lose a few pounds, eat better and add more physical activity to her lifestyle. Maria did not want to start insulin injections like her mother. She also wanted to look good at the family reunion that was six months away. Six months gave her enough time to get in better shape. Maria decided to make a list of all the benefits and barriers to getting in better shape:

Maria’s Benefits	Maria’s Barriers
I want to look good at the family reunion.	I’ve been on diets before and I always regain the weight.
I don’t want to get diabetes.	I REALLY like to eat candy.
I want to live a long and healthy life.	I don’t like to exercise.
My clothes will fit better.	
I don’t want to use insulin shots.	

Maria looked over her list and thought about one small healthy step she could make that wouldn’t be too hard. She didn’t want to start exercising, and she didn’t want to give up her daily chocolate bar. So, Maria made the choice to cut down her soda intake (from 4 cans of cola per day to 2 cans per day). She added “flavored seltzer” to her shopping list.



**I believe that Maria is motivated to eat healthier:**

- Strongly Disagree     
  Disagree     
  Neither Agree Nor Disagree     
  Agree     
  Strongly Agree     
  Unsure