



MOVE | TRACK | THRIVE

Walking allows Polly Emery to manage her Diabetes and cut her insulin use by 70%

Polly Emery

As this is being written, I am in week 29 and have logged 2,100 kms (1,300 miles) of a virtual walk across Canada. More importantly, I have lost 23 kilos (50 pounds) and my insulin usage is down by 70%, which is saving over \$500 per month in drug costs. Humbly, my journey is inspiring others to believe that it is possible to make changes in their lives.

My dad was from small town Nova Scotia. He taught me anything is possible if you believe in yourself. Diabetes took him from me 7 years ago; he was only 55. Now, at the age of 39, as I struggle with diabetes, I think about him and my own future.

My entire life I have struggled with being overweight. I was hoping to lose some of it after the birth of my twins. Instead, I started gaining and soon after I was diagnosed with type-2 diabetes. As the years passed, and my weight gain kept going, the diabetes progressed to a point that I was forced to start injecting insulin. I could no longer pretend my diabetes was going to go away, I was allowing the very disease that took my father to take me too.

Diabetic clinics, doctors, nurses, and specialists all told me to diet and exercise. In my heart I knew they were right, but I simply couldn't find the will to follow a diet or their advice. More years went by, and now my situation is so bad that I am faced with gastric by-pass surgery. But before I am even considered for the surgery, I need to prove to my doctors that I am developing healthy eating and exercise patterns. I started keeping journals, writing things down, and unhappily falling into old patterns. Then it struck me, I need feedback and encouragement daily, not once a month, if I am going to break my habits. By chance a friend who knew me well and who worked with the Canadian Diabetes Association told me about Tractivity.

Now, with a small sensor that I wear on my shoes, I am accountable to me — everyday I can see my progress; I can track my exercise and set my new goals. It is incredibly exciting to transfer my walking activity from the Tractivity sensor to my online account and see that I have beaten yesterday's "calories burned"!

For the first time in my life I am enjoying exercise and am able to find the time to reflect and plan for my future. And finally I believe that I can control my weight, my diet and manage my diabetes. My Dad would be so proud. If you believe in yourself, it is possible to change, one step at a time.

Thank you to my wonderful doctors and friends who have tirelessly encouraged me, and to Tractivity who gave me the tools to improve my health.

For more information on Tractivity or to contact Polly:

Kineteks Corporation
#110 - 1020 Mainland Street
Vancouver, BC, Canada
V6B 2T4

604.732.6628
www.tractivityonline.com
info@tractivityonline.com

