

# DR.OZ THE GOOD LIFE

Dr. Oz's The Good Life | December 2014

HEALTHY **BODY**

"My daughter pulled me out of the health danger zone."

## THE SUCCESS STORY

**CATHY GIPSON, 62**  
Lost 50 pounds  
(and her cholesterol is down 100 points!)

"For more than a year, my daughter Karen kept asking me to come to a Zumba class she teaches, but I always gave her an excuse. I was on three blood pressure medications, and I had no energy to do anything but lie on the couch. Plus, I'm stubborn. Karen finally got my attention when she stopped asking. Instead, she told me, 'I have a client your age, and she's a rock star in class.' I thought, *If that woman can do it, so can I.* The first class, I was all left feet and couldn't keep up. But the other people were so supportive—they made it OK to be a beginner. I kept going back, and quickly started to enjoy myself. I've dropped three dress sizes and got off all my blood pressure meds!"

"I'm so proud of my mom."

## THE NUGGER

**KAREN ARCENEUX, 42**

"When my mom first started working out, she couldn't do a single push-up. She did 120 in an exercise class recently!"

