

This is a letter of testimony for Sandy Holterhaus, RDN, LD, of Rockwell Collins Rec Center. I have found that Sandy has been a great help in my journey to a healthier lifestyle.

I am a cancer survivor and have ongoing medical problems due to diabetes. I lost 20 lbs. and have maintained a stable weight since I started working with Sandy. I have a sedentary office job that unless I actively control my diet and exercise would promote weight gain. Sandy and I discuss dietary changes, new ideas in exercise, nutrition and emotional health and put this into practice as lately most of my sessions with her have been walk & talk sessions.

Because of Sandy's research efforts and friendly nature, she is informative and very easy to work with. I highly recommend Sandy, and anyone that follows even a small portion of her suggestions would see an improvement in their life.