It was late September 2009 when Jay Edenborg, director of Public Affairs at Mayo Clinic Health System in Eau Claire, decided to start living a healthier lifestyle.

What was his inspiration? He says, “My wife and my daughter, Grace.” Jay says he had always been on the heavier side, but it was not until the last few years that his weight had become an issue. At 275 pounds, keeping up with his toddler was getting more difficult. He decided to enroll in the HMR® program through Weight Management Services. His goal was to lose 60 pounds during phase one of the program. By late February 2010, Jay had met that goal. He has dropped an additional 20 pounds since then and is currently at a healthy 195 pounds.

When Jay reflected on his life before the HMR process, he says that what has changed the most is the way his family thinks about meals. “Our eating habits are setting Grace up to eat healthy. We are forced to plan meals as a family, and we aren’t in our own little food worlds anymore.” Jay says his healthier diet has not been that hard to stick to.

While the old Jay called fries his “frenamies,” the new Jay says, “You can have those things — just in moderation, and you need to factor in how long you will need to exercise to burn those calories. Most of the time, I don’t eat those things, because the extra 40 minutes on the elliptical machine just aren’t worth it.”

Jay says that the group aspect and the accountability factor with the HMR program were the keys to his success. Now that he has shed the weight, keeping up with Grace does not seem to be an issue anymore. He explains, “I have an energy level that I didn’t have before, and you know, really, the most important thing is just that I know I’m going to be around a lot longer, and I won’t miss out on the time I have with her and my wife. It’s the best gift I could give them and myself.”

**JAY**

**Pounds Lost:** 80  
**Lost his weight in:** 2009-2010