

4/7/2015

[REDACTED]
[REDACTED]
Hoquiam, WA 98550

Dear Ms. Chase:

[REDACTED] you are currently in a dispute with your employer because of your attendance at a Jumpstart fitness event.

I am writing to provide additional information to your employer in the hopes of helping the school district understand the medical issues you faced as a result of being obese. As the American Medical Association has recognized, obesity is a disease. It can lead to a variety of dangerous health conditions such as high blood pressure, heart disease and diabetes. Indeed, you suffered from hypothyroidism and high blood pressure requiring you to take daily medication. It was clear to me that if you did not take steps to lose weight, you would have suffered increasingly serious health problems.

In early 2014, you made the commitment to become fit and healthy. At that time, you and I discussed the importance of making life-long changes to your diet, exercise and other habits and the critical role a support network plays in making any such changes. You identified and I endorsed the Destination Jumpstart program because in addition to promoting a balanced, nutritious diet and regular exercise, it focuses on providing to and receiving support from the leaders and other participants. I know that a critical component of the program is overnight retreats that include both physical and mental exercises to help participants fully incorporate healthy diet and fitness into their daily lives.

In the 14 months since February 2014 when you attended your first Jumpstart event, you have made a remarkable transformation in both your weight and health. You have lost nearly 100 pounds, you reduced your Body Mass Index from 40.72 to 29.13, and you are no longer taking prescription medication to lower your blood pressure or to combat any other ill effects of being obese.

In short, your attendance at the Jumpstart events has been critical in the treatment of your obesity and is one of the reasons for your success.

Sincerely,

Colette Kato, DO