

DHSS Wellness Superstar

Terry Black is a Training Coordinator in the Office of Human Resources. His weight had increased over a three year period until he weighed about 238 pounds. In December 2012, Terry and his wife decided to start eating healthier and increasing their physical activity. His goal was to reach 175 to 180 pounds. Terry worked with the nutrition coach through DHSS who assisted him in setting goals, including eating more fruits and vegetables. Since that time, he has increased the amount of fruits and vegetables he consumes to three to five servings a day. He also drinks eight glasses of water each day.

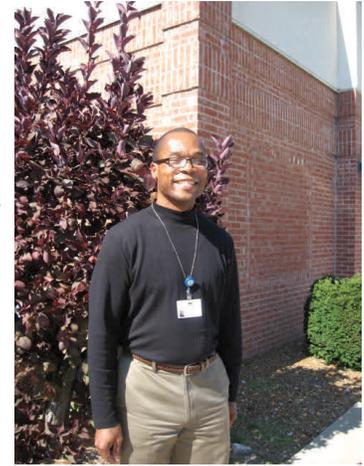
Terry also changed his eating habits to include whole grain rice, pasta and bread. He also eats more salads, which is now a favorite lunch meal.

In order to increase their exercise, Terry and his wife decided to get a Wii in December 2012. He started using customized workouts and by June, needing a more intense program, he upgraded it with strengthening and cardio software. He has now finished this program and is again looking for ways to increase the intensity of his workouts.

His routine includes getting up at 4:15 A.M. to start exercising at 4:30 A.M. He alternates upper body, lower body, full body, curls and presses, with step aerobics on Monday, Tuesday, Thursday and

Friday. On Saturdays he does both, and Sundays he does one or the other. On Wednesdays he takes off so he can spend time with his wife. She also exercises and counts calories.

Getting up early to exercise makes him feel charged up. And he still gets six or seven hours of sleep per night.



Terry feels great after adopting a healthier lifestyle!

Terry also builds exercise into his daily routines such as walking at work on Walking Wednesdays (and other days). On weekends he purposely does things to keep active such as mowing the lawn or housework. He parks far away from entrances in order to get additional walking exercise.

Terry has reached his goal and now weighs between 175-177 pounds. During a recent checkup, his lab work and blood pressure are in the normal range and his doctor is pleased with the lifestyle changes and the health benefits it has provided.