

## DHSS Wellness Superstar

Brian Flores is a Senior Public Health Lab Scientist at the State Public Health Laboratory. He was selected as this issue's Wellness Superstar because he has a strong exercise regimen, enjoys exercise and has been active for many years. Starting as a child he enjoyed activities such as riding his bicycle. His exercise routine now varies and depends some on the weather conditions. During hot weather, he runs in the early morning, while on other days he runs during his lunch break. Brian likes to run about 2 ½ miles a day. He also lifts free weights for about 30 minutes two days a week and does pushups and about 1000 crunches per day. Brian has participated in some 5K runs.

### Monitoring health is key

Brian said he works out to stay healthy. He has a family history of high blood pressure, and his father died about 13 years ago from this disease. A part of Brian's staying healthy included searching for information related to the dangers of high blood pressure. He also uses the blood pressure cuff in the Health Lab to monitor his readings.

### Family ties

Brian likes to get most of his exercise during the week so weekends are free for family time. His

family also enjoys being active by biking on the Katy Trail and participating in sports leagues. His daughter, Cierra, plays volleyball and his son, Ethan, plays soccer.

Brian and his family eat lots of lean meat, fruits and vegetables and less starches, breads and pastas.

### A true inspiration

Coworkers have told Brian how much they admire his commitment to exercise. Five years ago a coworker told him he had lost about 30 pounds and said Brian had been the inspiration for him to get started!

Brian said one of the things he enjoys about exercising is getting outside and the many interesting sights such as cardinals and bluebirds. He has even run into a few rarer species such as a black squirrel and an albino squirrel.

