

DHSS Wellness Superstar

We all know that starting a physical activity regimen isn't easy for everyone, no matter if you are doing it to lose weight or to become a healthier, more active individual. It involves dedication, determination and initiative. One DHSS employee that has demonstrated these traits is Lori Givens from the Bureau of Vital Records.

Strategies for Success

Lori has recently lost 40 pounds! Her health problems and wanting to feel better about herself were the motivation she needed to lose the weight. She worked closely with her doctor and joined the Weight Watchers Points Plus® Program to learn how to make better choices in her eating selections.

Lori notes that only changing your eating habits isn't enough. You have to add physical activity to your daily routine as well. She started slowly and began walking with friends. She says walking with friends is great because it helps the time go by and gives you more support for accomplishing your goals.

Doing water aerobics two times a week also in helped her to lose weight and achieve a more healthy lifestyle. "It's not hard on the joints and it can be fun," said Lori.

Lori's advice to others is to take time for yourself. She encourages others to pick an exercise that is fun and "do it now!"

Final Thoughts

As Lori's experience shows, becoming a more physically active person and paying more attention to the kinds of foods you eat doesn't require a major time commitment. The effort can pay off in so many ways, not only in the future, but in the present as well. Eating smart and moving more can have almost immediate effects. We thank Lori for sharing her experience on choosing to take an active role in her health and well-being and encouraging others to do the same.

