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I always thought that I was eating healthy and was exercising properly for my age. But I wasn't! I wasn't eating balanced portioned meals and didn't exercise like I should.

I decided that I wanted to live a healthier life. I didn't want to be on more medication and know that some health problems can be controlled by changing our lifestyles. I enrolled in the State of Nebraska wellnessoptions program Empowered Lifestyle coaching. With the Lifestyle Management program, you work with a lifestyle management coach who is there to support and guide you in making lifestyle changes that improve your health. They have quality coaches who worked with me on specific goals that I set each year. The coaches asked questions and listened and helped me to create a vision and a plan to help me become healthier. They have provided me with the resources and motivation to succeed and meet my goals.

I now eat portioned, balanced meals and control what I eat. I also exercise as much as I can on a more regular basis. I really feel better mentally and physically. My blood pressure and glucose has returned to normal ranges. I still take medication for my cholesterol, but I have decreased my cholesterol numbers which are in normal range now after changing my eating habits and exercising regularly. I have made a goal for myself to lose more weight and hopefully get off the medicine altogether.

The Wellness program is a great incentive for me to continue to reach my health goals. Take your health seriously! We all know our bodies and should pay attention to them.