State of Nebraska wellnessoptions
Division of AdministrativeServices

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I used to be pretty fit and healthy. It's curious how that changes as we get busy into our life's routines. I'm a single mom and have spent the last decade working three jobs while finishing my BA and MA. Talk about busy with little time for self-care!

Shortly after starting work for DHHS, I was diagnosed with hypothyroidism, had a car accident and began working too many extra hours a week. Needless to say my health and overall wellness suffered. I ate and slept irregularly and could barely exercise due to back injuries. I gained weight and just was not well overall.

The wellness program helped to launch me in the right direction. It has been an integral part of my personal health challenge. I accepted the 'challenge' to make small steps to being a better me. I joined the walking program and wearing a pedometer was far more impactful than I'd anticipated. It provided an everyday visual reminder of small tangible progress. This led me to take on more personal challenges that ultimately compiled into big accomplishments!

I now have done several "90 day challenges", found a great nutritional product, started working out regularly (now 6 days a week instead of once every other week) and have lost over 30 pounds, plus rebuilding heart and muscle strength. I'm so excited about this that I've found myself encouraging others to consider 90 day challenges. My excitement is less about fitness and fitting back into my jeans as it is about self-empowerment. My actions and steps to better physical health, have granted me power to consider other life goals. Ultimately, "health" means emotional, mental, physical, relational and spiritual wellness and all of those have improved for me.

I've since joined a great team and company whose goal is to help transform lives and impact America's health by facilitating 90 day challenges nationwide. These challenges allow me to take small tangible steps towards a goal. Completing a challenge is a great reward and provides me the drive to do another. I've seen how better health improves peoples quality of life and spiritual growth…and I want to do my best every day to contribute!

I feel it is vital for State agencies to demonstrate leadership to citizens and communities in every area of health we are involved in. It is our responsibility to model behavior & lifestyles that promote health and wellness. Besides the economic impact of cost savings via insurance, when communities are healthier – it clearly impacts our quality of life in a very personal and collective way.

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