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I learned through a wellness screening that I had high cholesterol levels. It was a real wake-up call! This concerned me since I don't know of any paternal family history of high cholesterol, plus I also have struggled with migraine headaches for the last decade. I have two teenage sons that I have worked too hard to raise to risk not enjoying watching them grow into successful young adults – not to mention all the traveling and other activities my husband have planned for our empty nest days. I realized that if I didn't take care of my health now, I might not be able to enjoy it later.

Therefore, last November, I started going to yoga classes 3 – 4 times per week and started eating healthy. I began eating strictly vegetables and lean proteins. After 3 months, I added moderate amounts of whole grains and dairy, with an occasional treat. For the past several months, I have been eating whatever I want. I tend to crave things that are good for me, and I do watch out not to splurge too often – but I am at a place where I don't have to "diet."

I have now lost over 35 pounds and I feel great. My cholesterol is still high, but I understand that can take a while to see results, so I continue to work on it. In addition to overall feeling better, I have also had a significant reduction in my headaches (I have only had three in the past three months). Next month, I will celebrate the 12th anniversary of my 29th birthday, and while I am still a tad bit heavier, I am in better physical shape now, then when I was 25.

My advice to help you manage your health.....find something that works for you and your lifestyle. It really doesn't matter what you do, but for something to result in real lifestyle change, you must enjoy it.

The wellness program through the State of Nebraska is important to me for several reasons: first, with college tuition for my sons in my near future, the insurance savings has been helpful. The savings more than compensates for the costs of eating healthier and my yoga studio membership. This doesn't even include the savings from just generally being healthier –

I haven't refilled my migraine medication prescription in months; and other than my annual wellness check, I haven't been to the doctor in over a year. More importantly, however, is that I might not have ever undertaken this effort without the wellness program and the health screening!

