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Agency: Corrections



In April of 2011, I decided to sign up for the wellness program. At the time I was overweight at 318 pounds and had high cholesterol of 260. I ate fatty foods, felt sick most of the time, couldn't sleep at night, was highly stressed and just basically didn't feel good. After 2 very difficult years and a divorce, I had no self-esteem and felt I had lost everything. My family and children kept telling me I was getting fat and slow and were worried that I would die of a heart attack.

One day, I got mad and said "enough". I signed up for Walk This Way and started by walking two to five miles every day. I loved how I felt after I walked, so I continued to walk and increased my steps every day. It was tough at first, but I stuck with it. I kept a journal and wrote down everything I did and saw during my walks. I also changed my eating habits. I worked with my doctor and came up with a good plan. I increased my whole grains and ate a lot of oatmeal and rice to help bring down my cholesterol, and ate healthy proteins. I stayed away from caffeine and sugars. Keeping a notebook and logging everything helps you to be honest with yourself and really see what your old eating habits are.

TEN MILLION STEPS later.....I have lost 78 pounds, my waist went from 45 down to 39, my cholesterol reduced to 180. I can now run and catch up with my two daughters. My children are the most precious thing I have in this world and their smiles are payment enough to keep me working hard to stay healthy. My co-worker, Chan Taylor encouraged me often to help me reach my goals. If I can do it, anyone can do it. You can do it! I have faith that you can do it. Tell yourself that you are a leader and/or you are doing it for your family. You know in your heart that you are a tiger. You know you are the best. Very positive thinking comes from this. I challenge whoever reads this to try to beat my step total! I believe in you and you can ask me anything you need for encouragement. I am here to help!

The State of Nebraska Wellness program, Walk This Way was the challenge I needed. I took that challenge and surpassed it. It was so easy to qualify for the program. I read somewhere that walking 5 miles per day is the minimum that you should do to be healthy. You can do this in your office, or before work, or after work, or a combination of these. And the cost savings of the wellness plan is tremendous. A single parent has a lot of hardships.....don't let your health be one of those hardships.

When I was asked how important it was to me that the State of Nebraska provide a wellness program – my response was "This is a no brainer!" Not only do I pay less, but Nebraska pays less on insurance. There is so much to take advantage of; from walking programs to coaching programs and so much more. And all at no cost! I have never seen any program like this anywhere. You have fun, you eat healthy, you exercise, you can explore nature, you are sick less - you feel better!!! Don't miss out!

