



Name: Linda Nelson
Agency: Dept. of Roads

The wellness program helped me to improve my health. I was overweight and never felt like I had the energy to do anything. Our office started a ‘Biggest Loser’ contest and I thought that it might be my chance to lose weight. I needed the incentive and motivational support, which the Wellness program was able to give me. Besides the health benefits, I also wanted to have the discounted Wellness Insurance Plan.

After participating in the challenge for a year, I lost a total of 33 pounds. Over the course of the year, I changed my eating habits by eating less and eating more healthy foods such as eating more whole grains, fruits and vegetables. I also increased my physical activity levels by starting a walking program. I have made it a need to walk every day. I walked at every break no matter what the weather was, rain, shine, snow or freezing cold. It has helped me to take off weight and now is helping me to keep the weight off.

I had been diagnosed with pre-diabetes before I lost weight and started walking. I was visiting my doctor every three months to check my blood sugar levels. After losing the weight, my annual checkup has shown much improvement. I now am on my normal checkup schedule and no longer have to go in every three months. My blood sugar levels are now a more normal count. I feel better both physically and mentally.

The wellnessoptions program definitely helps me to stay on track. It’s never too late to start being more physically active, eating healthy and living well.

