



**Name: Bobbi & Steve Olson**  
**Agency: Dept. of Roads**

Steve and I have changed our lifestyles dramatically this last year! We went from fast food junkies (lunch & dinner during the week and all three meals on weekends) with sporadic exercise bouts to each of us logging in at least 4 million steps and a combination loss of 100 pounds between us! Our lifestyle now includes a minimum of 10,000 steps per day with a goal of 5 million steps this year and we pack healthy lunches and snacks daily for work and pack healthy food coolers for when we travel on weekends.

Everything seems easier when you have less weight to carry around. Both Steve and I had excellent physicals and saw improvements in our biometric screenings compared to last year. We have more energy, can work off stress, and sleep better at night. We have found new ways to challenge and push ourselves that are fun and keep us connected as a couple. We challenge and support each other to be the best we can be!

Steve and I are both cancer survivors, my family has a history of heart disease and Steve is hypothyroid. So it was vitally important for us to get on track for our health, and stay committed. If you truly want to change your lifestyle, get rid of excuses! There IS time to exercise! We both work two full-time jobs and still find the time. Start activity early in the day and intersperse shorter periods throughout your day. Make it part of your day-to-day activity and work it into your schedule. A five-minute walk before starting work puts hundreds of steps on your pedometer. Take a walk on your break or a 30 minute walk at lunch. Set a minimum goal then, when you reach it regularly, set a higher goal. If you are short of your steps, take a walk around Wal-Mart or the grocery store. Plan your meals and pack lunches and plenty of healthy snacks.

The State of Nebraska *wellnessoptions* program has helped to change our lives! Getting and staying healthy takes hard work and commitment. The Wellness program provides a variety of tools to help employees reach and/or maintain good health. Success breeds success!

