



**Name: Francis & Jacki
Schrotberger
Agency: Corrections & Roads**



About 3 years ago, our family had a busy lifestyle! We were always on the go, often utilizing drive thru's to get breakfast/lunch/dinner and sometimes even a midnight snack! Literally hundreds of dollars spent and lots of weight gained! And although, we were busy, it was not a physically active lifestyle.

Driving home from work one day, very upset with myself and my weight because I had climbed to an all-time high, I looked at my husband and said "you know, if I inherited my families heart condition (my dad and grandfather died at the age of 42 from arteriolosclerosis), I only have about 8 years to live." That scared the hell out of me! From that day forward I knew I needed to make drastic changes in my life.

I began making changes but it was very difficult to commit to when nobody else in the house was on track. So, I decided to make it a family affair! We cut out fast food cold turkey! Money issues improved and weight began to fall. At first there were a lot of complaints, but you would be amazed at how quickly they jump on board when there are no other options in the house but healthy options!

My next challenge was getting physical fitness into the family. I talked to my husband and he said he would think about it, (we all know what that means). So, I took desperate measures and brought home a set of enrollment papers and waiver form for a challenge at my gym and one day while he was playing video games, I put them in front of him and asked him to sign. He did, thinking they were school papers for the kids! A week later I talked to him about the challenge and setting up a work-out schedule and he told me he had not yet decided. I just smiled and said "YES YOU DID!" You signed the papers and we paid for the sessions. Not very happily, he attended. I thought for sure he would quit after 2 sessions, but to my amazement, he enjoyed it! It was great! The activities really brought us together and in turn helped us as parents to set an example of healthy lifestyles.

During that 16 week challenge, Francis dropped 42lbs, 4.1% body fat, 14.5 inches, and reduced his BMI. I dropped 17.5lbs bringing me to a grand total of 90lbs lost. Our assessment #'s have all been lowered. This lifestyle change has most importantly brought us together as a family, and improved our health tremendously! The kids are now on board too; we are on the softball fields several nights a week enjoying life instead of sitting down watching TV. Our next challenge begins in August . . . Stay Tuned!

As for advice.....Shut off your TV!!! Get active!! Set goals, both small & large and celebrate when you reach them!! Don't be afraid to get help and NEVER give up!!!

The State of Nebraska wellnesoptions programs have given me a solid backing to enforce the healthy changes in our family. Without it, could be a "deal breaker" for us. We highly value the program and like anything, you get out of it what you put into it. This is a great resource you would pay a great deal for elsewhere!

