

# Wake Up Call to Wellness

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I have always been a fast food junkie. I ate fast food every morning, most lunches, and about a third of the evenings. Stress has been my main enemy, prompting me to eat everywhere I went: in my car, kitchen, bedroom, outside, and especially at work. By January, I was at least 120 pounds overweight.

In January, my co-workers and I started a weight loss campaign, The Biggest Loser Challenge. I also had an annual checkup on January 29<sup>th</sup>. At the checkup, I was told that I was diabetic, and that my A1C was 10.3. I told my doctor that I would not let this define me, that I would not be stuck in the merry-go-round that I was on, and that I was going to do something about it. He insisted that I take the medication, and stated ‘Good luck if you can do it. Come back in three months’ before I left.

I went back to the doctor on April 29<sup>th</sup> 50 pounds lighter. My A1C was 6.1. Since my appointment in January, I have lost a total of 60 pounds. I can now walk up and down stairs and over two miles without being out of breath. I especially like that doing every day activities like walking my dog, doing house chores, and walking around the market with my grandson is easier and enjoyable for me! My clothes fit better, I sleep better, and I look and feel much better.

At first, my only motivation for losing the weight was the fact that I didn’t want to spend thousands of dollars in medical bills because I had better things to do with my money. That, of course, sounds pretty selfish, but I had to be the one to change and at the time, money seemed to be a pretty good motivator.

Once I started to see changes from starting The Biggest Loser Challenge, feeling good and increased self-confidence were also huge motivators for me. The encouragement of others that are also motivated by the wellness program was a great benefit. After my appointment, I knew I needed accept responsibility for my lifestyle. One really needs to not abuse themselves with the wrong things. When you wear your body out, where are you going to life? You can and need to be good to yourself.

If the wellness program can motivate me and then carry through to a total lifestyle change, it can surely do that for many others. Everyone deserves and needs the encouragement and help of others. The **wellNEssoptions** program is not just for individuals, it’s for the good of everyone!

