

## Employee Testimonials

### Wellness Program

“Being healthy is the best reward. I attribute much of my newfound health success to the rewards program; I lost 40 pounds. Rita Singer coached me on healthy meal planning at a company sponsored Lifestyle Returns event and gave me tips that stuck for the entire family. I’m eating carrots and tomatoes for breakfast for goodness sake, seeking balance and variety. Loads of dark leafy greens! I’ve been training on barefoot running since March and ran the Morningside Mile and ZooZilla 5. I run about 3 days a week, outside as weather permits.”

*-Jason Wiegand, Administration Services*

“I got my latest blood test back, they happen to have been done 2 years to the day since my first physical for wellness.”

September 2008

Glucose: 161

Cholesterol: 174

Hemoglobin A1C: 7.4

September 2010

Glucose: 85

Cholesterol: 152

Hemoglobin A1C: 6.1

“Thank you for instituting this program, without being made to take a physical, I would not have known my sugar was up. Walking and diet change works!”

*-Tracy Camerota, Public Defender’s Office*

“I celebrated my 3 year anniversary since I quit smoking on April 27. I lost 24 pounds of the many I had gained when I quit smoking, I am no longer on diabetic medication since I lost the 24 pounds and I have committed to walking 12 miles per week”

*– Gina Buzzard, Budget and Finance*

### Drop 10 in 10

“I’ve wanted to start getting healthy but needed the right incentive to start. To date, I have 31.5 lbs and hope to lose 18.5 lbs. more to reach my goal of 50 lbs whether its within the challenge or not. This is the beginning of a new lifestyle for me.”

*Jason Allen, Department of Human Services*

Thirteen employees in the Department of Human Services completed the Drop 10 in 10 Program as a group. They collectively lost 134.5 pounds! 6 out of the 13 participants lost more than 10 pounds with the highest percentage of weight loss of 13.3%!

“The program disciplined me to weigh and measure myself on a regular basis. I also utilized the “10 in 10” as an opportunity to just start! I still have a way to go, but some of tools “I hope” will become a lifelong habit.”

*-Eric Rymer, Human Services, Aging lost a total of 27 pounds!*

“Drop 10 in 10 was a great success in our office. The books that came in the bag were extremely helpful.”

*–Mary Ann O’Donnell, Controller’s Office lost a total of 15 pounds!*

**Wellness Program**  
**10,000 Step Challenge**

“This program is outstanding; I haven’t felt better in years, I continue to wear my pedometer and walk during the day, regularly going far over 10,000 steps and rarely failing to meet that goal. I recommended it to others who are now signed up. No excuses everybody should be doing this.”

*-Bob Heister, District Attorney’s Office*

## **Wellness Program**

I wanted to drop you a note and express my appreciation for the County's wellness program. I signed up to meet with a personal nutrition coach and I can't believe the results. In just one hour, I discovered that I've been doing it wrong for years. In the past 3 weeks, I've lost 15 lbs. and I feel great.

And all I did was follow some simple rules. Portion control, taking time out to snack during the day, and eating the right foods. Now I'm not hungry during the day and have lots more energy. So next on my agenda is to start a good exercise program.

Again, thanks for effort. It really helped this tired, over-weight 59 year old.

*-Dave Smith, DCS Security Supervisor*