



## State Employee Wellness Center 2004 Healthy Hero

**Dorothy Ferranti**

*Program Assistant for  
Secretary of State*

In March of 2003, Dorothy's life and her attitude towards physical activity changed for good. That month Dorothy suffered a heart attack and had double bypass heart surgery. Her doctors told her that she needed to start exercising and get her weight down. Listening to her doctors, Dorothy began walking several times a day. Walking was a great start for Dorothy, but she knew that she also needed to add some strength training to her exercise routine. Right around that same time, the State Employee Wellness Center opened. This was the perfect opportunity for Dorothy to continue her cardiovascular exercise and achieve the muscle tone that she wanted.

Since joining the Wellness Center in September of 2003, Dorothy is still walking at least 3 miles a day and has added more aerobic exercise and weight training to keep her routine balanced. She participates in the Power Yoga class on Wednesdays and takes the Abs and Back class on Tuesdays and Thursdays. She is maintaining her weight successfully and her cholesterol levels are low. Her job is very stressful, but Dorothy takes a healthy break and walks for 15 minutes twice a day to relieve stress.

As a "Healthy Hero," Dorothy has tried to be an example to others who may be headed for trouble with their health. She knows what it takes to outlive a heart attack and has made a very impressive come-back from double bypass surgery. She is now more dedicated to her health than ever before.

*"I talk about health quite a bit because I don't want to see anyone have to get sick before they do something about their bad habits such as smoking, overeating or eating the wrong things, and not exercising."*

Dorothy has made a commitment to working on her health since her surgery. It takes time and dedication to make lifestyle changes, but the benefits far outweigh the alternatives. She offers this advice:

*"Start off slowly. Don't try to do everything at once. Know that nothing happens if you don't get moving and keep moving. Be as positive as you can be about your diet and your exercise as you are about anything else in your life. A positive outlook works wonders!"*

Along with her healthy habits, Dorothy does needlework, cross-stitching, crocheting, knitting, and embroidery. She enjoys going to the mountains and climbing (nothing very serious she says... just hiking!). She loves music and movies and spends a lot of time with family and friends.

Not only has Dorothy's health improved, but her attitude towards work has greatly improved. She used to leave her job and "go home and collapse into a chair." She now has energy to do other things, even on a difficult day.

*"Most of the time, the job is extremely busy, but it seems to be easier to get through when I can look forward to going to the Wellness Center."*

### ***Congratulations to Dorothy...***

for realizing it's never too late to make and maintain a lifetime commitment to health. She is a true model of what it means to live a balanced and healthy lifestyle. For these reasons and more, HEALTHBREAK is proud to induct Dorothy Ferranti as the FIRST member of the State Employee Wellness Center Wall of Fame.