



State Employee Wellness Center 2005 Healthy Hero

Sarah Kopic

Department of Human Services

When the Wellness Center first opened, Sarah considered joining but kept on putting it off. In March of 2004, she decided to join because a co-worker wanted an “exercise buddy”. Her “buddy” no longer attends, but Sarah is still going strong! Until joining the Wellness Center, Sarah had tried many different ways to add exercise to her daily routine, but found that after a few weeks, she would relapse into old behaviors.

“The gyms I had seen all seemed intimidating, filled with young adults already in good shape, wearing coordinated spandex outfits. The people I saw at the Wellness Center were varied in age, condition, and ability, and seemed more intent on the exercise than their ‘look’.”

The location was also an incentive to join because the Wellness Center is located between her office and her parking space, so each day she leaves work, she has to make a conscious decision about whether she will workout or not.

Sarah works out 4-6 times per week for about an hour each day. She generally alternates days of cardio, and tries to hit all the major muscle groups in the weight room, varying what she does each day. She also enjoys participating in the yoga classes we offer. She recently purchased a new bike and snowshoes to continue her healthy lifestyle outside of the Wellness Center.

Since joining the Wellness Center eighteen months ago, Sarah’s chronic achy back is far less achy, her moods are more even, and she enjoys the sensation of working out her body. She has lost weight and inches, feels more energetic, and loves to flex her newly found muscles!

“A Healthy Hero is someone who makes exercise part of everyday life, makes good decisions about food and nutrition, and does not forget that some pleasure is an important part of enjoying life.”

Sarah explains that she is trying to be a Healthy Hero to herself, but is a work in progress, and not the final product. She tries to forgive herself for not meeting every goal and not always choosing the healthiest thing on the menu; something we must all do!

It takes time and dedication to make lifestyle changes, but the benefits far outweigh the alternatives. She offers this advice:

“Remember that you did not get into your current condition overnight, so be patient with yourself, and ready to start over each day if need be. Set realistic short-term goals, rather than big final goals.”

Along with her healthy habits, Sarah enjoys reading, playing bridge, and computer games. Walking around other cities or towns is another favorite of hers.

Not only has Sarah’s health improved, but her general mood toward work has improved and sometimes when she doesn’t really want to come to work, she does want to be downtown so she can come workout!

Congratulations to Sarah...

for successfully making exercise a part of her daily routine. She is a true example of what it means to live a balanced and healthy lifestyle. For these reasons and more, HEALTHBREAK is proud to induct Sarah Kopic as the second member of the State Employee Wellness Center Wall of Fame.