



State Employee Wellness Center 2006 Healthy Hero

Sarah Sills

*Department of Health Care Policy and
Financing*

Sarah Sills joined the Wellness Center on May 16, 2005 and has been a regular exerciser ever since. The ease of accessibility (the Wellness Center is housed in the building Sarah works in) eliminated any excuses to not workout at some point during the day.

Sarah Sills is not only a full-time employee, she is also attending graduate school. In February of 2006, Sarah was researching a class assignment when she found a wonderful website; www.sparkpeople.com. After reading this website, Sarah decided to join the program, which promotes a healthy lifestyle, and if you lose weight in the process, all the better. The sparkpeople.com plan has helped Sarah create a manageable workout routine, which consists of:

- Cardio for 30 minutes on either the elliptical trainer or stationary bike in the Wellness Center Monday through Friday.
- Weight training Monday through Friday, alternating upper and lower body.
- Jog/walking for 45-60 minutes on Tuesdays and Thursdays.
- Yoga or Tai Chi at least once a week.

“I started the new lifestyle in March and by June I had lost 18 pounds and 10.75 inches. I have plateaued since June and lost a few more pounds, but I have continued to lose inches for a total of 20 inches and 25 pounds.”

Sarah explains that having the motivation to make a lifestyle changes makes her a Healthy Hero. She has been consistent with her healthier lifestyle for almost 9 months and she is not giving up. The changes she is making are becoming stronger habits that are rubbing off on others who see her work so hard.

Sarah knows first-hand how hard it is to lose weight and offers this advice:

- 1. Don't put yourself on a DIET; change your LIFESTYLE.*
- 2. Food journal everyday for accountability to yourself.*
- 3. Drink your water every day; 8-12 glasses.*
- 4. Learn your portion sizes.*
- 5. Keep changing your exercise routine; if it is something you are going to stick with it cannot be boring or become another daily chore.*
- 6. The scale is not the only number; take body circumference measurements too.*
- 7. Most importantly, if you blow it at one meal or even on day, the important thing is to keep going and do better at the next meal or next day.”*

It is hard to see how Sarah has time for anything else after you factor in work, school, and exercise, but she also enjoys spending time with her husband and friends, just talking and relaxing. With all her hard work, Sarah definitely deserves some relaxation!

Not only has Sarah's health improved, but since she has gotten into a regular workout pattern, she has noticed the stress of work and school has been easier to handle. She finds that by pushing herself during her workouts also helps to push herself at work and in school.

Congratulations to Sarah...

for realizing that to successfully lose weight, one must make a lifestyle change, NOT a diet. She is a true example of what it means to live a fit and healthy lifestyle. For these reasons and more, HEALTHBREAK is proud to induct Sarah Sills as the third member of the State Employee Wellness Center Wall of Fame.