

## Team Journeys Toward Health

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“Our reasons for joining a gym were no different than anyone else’s,” said Cory Hoffman, referring to himself, his wife Pranita, and mother-in-law Joan. “We wanted to lose weight, get heart healthy and live an overall healthier lifestyle.”

Cory, Pranita and Joan joined the Wellness Center together almost a year ago. Joan said, “Pranita is from India and the last time we visited, I climbed more than 100 steps on the side of this mountain. It was a difficult challenge and a wakeup call. I didn’t want to be fearful of something like stairs.”

Pranita imported some healthy food habits from India to the United States when she joined Cory here. Cory said, “Soda and juice are not as common in India, and therefore we try to drink water instead. Rice is a staple and all produce is grown locally.”

In addition to adding exercise into their daily routine, the family makes an effort to watch what they eat. Lovingly called *Rachel Ray* by her family, Pranita puts an emphasis on cooking healthy, home-cooked meals. She says, “I try to cook healthy meals with food from my garden. I even make my own salsa and dressings.”

When the trio first started going to the Wellness Center, they would all make an effort to go together, but with their schedules and varying workout lengths, it is difficult (Cory sometimes works out for as long as two hours at a time). Regardless, they encourage and motivate each other to make fitness a priority. Pranita said, “Some afternoons I am tired and don’t feel like working out, but my mother-in-law insists we go. After our workout, I am happy she pushed me to go and I feel reenergized.”

They all agree that the Wellness Center staff is very helpful. The exercise physiologists are always on the floor interacting with and encouraging members. Joan said, “They remind us to ask questions if we have them, and offer tips and pointers while we are working out on the machines.”

Pranita, Joan and Cory all have their own personal goals. Pranita has toned, Joan is building strength and Cory has lost weight. “Overall, we have concluded that our decision to get healthy goes beyond those personal goals. It is a journey, not a destination,” said Cory.



(Pictured left to right): Pranita, Joan and Cory work together for their health.