

## Elizabeth Runs from High Cholesterol

Wellness Center member Elizabeth Scandalis joined the Wellness Center many years ago, but didn't really ramp up her physical activity until she was faced with a health decision a little over a year ago.

“At a doctor's appointment, I found out I had high cholesterol. My doctor wanted to prescribe medication, but instead, I asked to try diet and exercise,” said Elizabeth.

Group exercise classes are her main source of physical activity throughout the week. She likes having an instructor and the structure of a class. She said, “If I have to be at a class at a certain time, I hold myself more accountable. Why the Wellness Center? I like the atmosphere here. It is clean, welcoming and health-oriented. They care about total body health, not just weight health.”

As far as her food choices, Elizabeth believes portion control is an important element for her. While she still occasionally enjoys pasta and bread, she has eliminated junk food from her pantry and has made snack substitutions. For example, she chooses frozen yogurt instead of ice cream, and carrots instead of chips. Little changes like this have really made a difference.

“Six months later during my next check up, my cholesterol numbers were lower and I no longer needed medication,” said Elizabeth.

Since receiving the good health news, Elizabeth has not let up on her new health and fitness routine. In fact, she has decided to run in her first 5K this November. After asking another Wellness Center member to start running with her, her friend suggested that they participate in a 5K. They try to run together once or twice a week. Between group runs, solo runs and group exercise classes, Elizabeth now works out an average of four to six times a week. All of her hard work has paid off in more ways than one. Aside from the health benefits, loss in inches and an increase in energy, Elizabeth has shaved four minutes off her mile pace.

All of us at the Wellness Center wish you luck in your 5K this month!



Elizabeth uses a calorie tracker app and has increased her physical activity to stay fit and healthy.

If you are interested in training for a 5K race, the Wellness Center has developed an 8-week training plan. You can pick yours up at the member file station in the folders marked 5-K. Be sure to ask staff if you have questions or want additional tips.

If you are running a 5K, please tell us so we can cheer you on!