

Team Effort toward Better Health

Bill Redmon has learned the importance of regular physical activity. A little over two years ago, Bill's wife, Karen, encouraged her husband to join the Wellness Center to help deal with the stress of his job. Karen said, "The Center was recommended to me after completing my physical therapy. I had such a positive experience and wanted to share that with my husband."

During Bill's assessment, Wellness Center Instructor and CNA, John Ferguson, noticed that Bill's blood pressure was high and suggested he visit his doctor as soon as possible. "Every day I would come into the Wellness Center and John would ask if I had visited my doctor," said Bill.



Karen continues to support Bill through his journey towards better health.

John's persistence paid off and Bill made an appointment with his doctor. The physical not only confirm that he had high blood pressure, but that he also had high cholesterol; both required medication.

Bill said, "If it weren't for John's training and persistence, my story could have ended up quite differently."

Since joining the Wellness Center, Bill has lost over 30 pounds and feels great! He said, "At first it was a hurdle incorporating exercise but now it has become a part of my routine. It has changed my mood, sleep and eating habits, all for the better. The doctor says, with the exercise, eating modifications and medication my numbers are normal."

Karen and Bill both agree that the Wellness Center is unlike any other facility. With the variety of classes, the different wellness programs like Make One Change and Maintain Don't Gain, and the health lectures, the staff and the center motivate and encourage wellness in all aspects of life.