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## State Employee Wellness Center 2007 Healthy Hero

### Clare Lewis

*Program Assistant in the Attorney  
General's Office*

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Clare Lewis joined the Wellness Center on October 2, 2003 because it gave her something productive to do during her lunch-hour. She mentions that it seemed more economical to workout than go shopping or eat out every day.

Clare enjoys working out at the Wellness Center, partly because of its convenient location to her office, but she also likes to tune out work for an hour and catch up on movies and home decorating shows in the Cardio Room! She can then go home and relax, knowing her workout is already out of the way.

Along with her daily workouts, Clare walks two miles to work at least three times per week. When at the Wellness Center, she alternates between weight training and cardiovascular exercise for 30-minutes.

*“Joining the Wellness Center got me off my butt and out of the slump. I’ve only lost 10 pounds in 4 years, but I’ve stopped gaining weight and I definitely have more muscle tone and strength. I’m thankful that I’m strengthening my bones at the age when I’m starting to lose bone density. If not for the Wellness Center, I would not be doing weight training.”*

Clare’s best piece of advice for others wishing to live a healthier lifestyle is to:

*“Dump fast food! It’s ruinous for you and the planet! Next, set yourself up to succeed by giving yourself small challenges you know you can accomplish. If you succeed, you’ll be more committed and motivated to continue. For example, No Sugar for a Week, or Take the Stairs for a Week. Not only will you learn you really can do it, you’ll also see how much better you feel! Lastly, don’t give up and let yourself fall into a slump. Find any type of exercise you enjoy and keep it up. My small challenges have taken me from no fast food, to a vegetarian diet, and, recently, to a vegan diet. I only needed to do Vegan for a Week to learn that I really could do it. I feel better being true to myself and my place in the world and I feel much better physically. (I’d feel even better, but No Sugar for a Week didn’t stick!)”*

As you can see, Clare has a great sense of humor and enjoys the simple things in life. She is into animal welfare and is crazy about her two dogs and two cats. She also enjoys movies and good, page-turning books. She has started to travel more, and Colorado road-trips with her husband and furry children are her favorite activity!

Along with her home-life, her work-life has improved a bit since joining the Wellness Center. Exercising mid-day relieves stress and keeps her from eating big meals that cause that afternoon sleepiness. Being more alert and tuned into work after exercise is never a bad thing, especially when you enjoy your job as much as Clare does!

#### ***Congratulations to Clare...***

for making the decision to workout daily and eat a healthy diet to maintain a great quality of life. She is the perfect example of what it means to enjoy the small things in life and keep your body healthy. For these reasons and more, HEALTHBREAK is proud to induct Clare Lewis as the fourth member of the State Employee Wellness Center Wall of Fame.