



State Employee Wellness Center 2009 Healthy Hero

Deb Bell

*IT Professional III for the
Department of Natural Resources*

Deb Bell originally joined the State Employee Wellness Center as a participant of our P.E.A.K. Weight Management program, but continued on as an active member long after the program ended. She enjoys having the chance to workout during the day, and participates in many Wellness Center programs to keep motivated to live a healthy lifestyle.

Deb doesn't only workout in the Wellness Center; she takes her exercise routine outdoors as much as possible and tries to incorporate it into her daily habits.

“Every morning I walk from the bus stop at Union Station to 1313 Sherman and in the evening, from 1313 Sherman to the Market Street Station.”

That walk is about 3 miles each day, just to get to and from work! When at the Wellness Center, she participates in two yoga classes and one bellydancing class each week. She also walks her dog on the weekends, and enjoys working in the garden and practicing yoga. It is by staying active and doing the things she enjoys that has helped Deb lose over 35 pounds and kept it off for four years! She states that:

“Practicing yoga has reduced my stress level and has improved my outlook on life. I feel stronger. I have more endurance and just feel better.”

With all these positive changes Deb has made in her life, she explains that the key to change is incremental improvement. She recommends starting with small changes and keep working at it. Find ways to incorporate exercise in your daily life so it becomes a habit and not an effort. With advice like that, it's no wonder Deb has managed to keep off the weight and remain healthy!

When she was nominated as a candidate for the Healthy Hero award, the nomination came from a complete stranger who actually ended up being a fellow Wellness Center member. This individual used to see Deb walk the 1.5 miles from Union Station to 1313 Sherman and was so inspired and impressed by her efforts that she decided to start walking the same route as Deb. These two eventually met in the Wellness Center locker room, and the rest is history!

Anyone who knows Deb can attest that she is the perfect example of a Healthy Hero, who in her own words says,

“A Healthy Hero is someone who lives a healthy and balanced life that includes exercise, good nutrition, and a generous portion of fun.”

Congratulations to Deb...

for demonstrating how a positive outlook on life, and a complete dedication to your health and well-being pays off in so many ways. Your wonderful attitude and joyful personality make you a delight to be around, and you inspire people that don't even know you! For these reasons and more, Healthbreak is proud to induct Deb Bell as the sixth member of the State Employee Wellness Center Wall of Fame.