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## State Employee Wellness Center 2010 Healthy Hero

### Vicki Foreman

*Managed Care Analyst for the Dept. of  
Health Care Policy and Financing*

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Vicki Foreman joined the State Employee Wellness Center after her doctor explained how many calories she needed to eat to sustain her weight. When she learned this number, she realized she needed to do something now to get her health on track. A few of her co-workers were already members of the Wellness Center so she decided to join.

Since joining over a year ago, Vicki hasn't missed a workout! She exercises twice a day Monday-Friday, and once a day at her neighborhood recreation center. In the Wellness Center, she works out with co-workers between 35-60 minutes alternating between the treadmill, elliptical, cross trainer, bike, and weight training. She still remembers when she could only stay on the elliptical for eight minutes, and now she can workout on any machine for ninety minutes continuously!

The thing Vicki has enjoyed most while working out in the Wellness Center is the people she has met along this journey. She now knows many employees from different agencies, has a great support system with her co-workers and family, and looks forward to each workout so she can see her friends!

*"The encouragement that I have heard from everyone is so 'infectious', it has made me want to try harder. I don't feel out of place or self-conscious anymore because we all have the same common goal, "to become healthier"!"*

Vicki's attitude is so amazing when it comes to her new lifestyle, and she has a determination that is encouraging to her entire family and fellow members who see how hard she works. Vicki never thought she would say this, but she now lives for working out.

*"It's so addicting! When I started working out over a year ago, my blood pressure was out of control, I was taking several different medications, I could not focus because every little thing stressed me out, I was overweight, and I could barely go up and down the stairs. In fact, I avoided the stairs as much as possible. Today, I'm a different person."*

Since joining the Wellness Center, Vicki has **lost over 60 pounds!** She will soon go off medication and is continuing to make improvements in workouts and nutrition. Taking control and making these lifestyle changes has given her hope. She learned portion control and how to properly eat to maximize her two-a-day workouts. She doesn't stress anymore and she looks forward to her doctor visits to see the look on their face!

Vicki gets inspiration from Lance Armstrong's quote, "Pain is temporary, quitting lasts forever", but she also inspires others:

*"The best advice I could offer would be to take their life and destiny in their own hands. Never put off tomorrow what you can do today, there is hope at the end of the tunnel. Stay focused and know we all have our ups and downs."*

#### ***Congratulations to Vicki...***

for demonstrating that it doesn't matter how you get inspired to take control of your health, it's that you take that first step! Your amazing determination, spirit, and willingness to help others begin their journey is truly inspiring. For these reasons and more, Healthbreak is proud to induct Vicki Foreman as the seventh member of the State Employee Wellness Center Wall of Fame.