



## State Employee Wellness Center 2011 Healthy Hero

### Cory Skluzak

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Cory Skluzak has always led an active lifestyle and strives to stay healthy to keep up with his young children. However, soon after he began working for the State, he found it tough to fit in his after-work exercise routine without cutting into precious time with his family. He decided to join the State Employee Wellness Center in August of 2005 to get an efficient workout during his lunch hour so his evenings were free.

The thing Cory has enjoyed most about the Wellness Center is being able to walk two blocks from his office, change and be ready in about five minutes. He enjoys the camaraderie of the other members and appreciates that he rarely has to wait for weight or cardio machines to become available to use since it's not crowded. He has also found that completing his workouts during lunch has helped him save money by not eating out at restaurants, and has driven him to bring healthier foods from home to eat.

*"The monthly amount I pay to the Wellness Center is recouped in less than one week by foregoing eating at a restaurant for lunch. (example – 4 lunches X \$8)."*

Cory typically exercises for 30-45 minutes, 4-6 days each week. His routine consists of one day of lower body weights with abs, one-two days of upper body with abs, two days of running or using the elliptical, and sometimes even devoting an entire exercise session to stretching. If he misses a workout, he starts getting antsy and fidgety. And having such a diverse workout plan has paid off. Cory has lost about 12 pounds and maintained that weight loss, has greatly reduced his stress, and his cholesterol is the best it's been (his doctor is very impressed).

*"I've maintained my strength and endurance and despite knee surgery and broken ankles I still get some running in mainly due to the conditioning developed on the Wellness Center's treadmill. In fact, because of the Wellness Center, I've laid down a sufficient conditioning base to spur me to set a goal for running the Pikes Peak Ascent next year (13.1 miles straight and 7,500' elevation gain) which is something I last did 16 years ago."*

Cory believes a Healthy Hero is anyone that makes a commitment to living a healthy lifestyle and follows through even if it's not convenient. They have an overarching goal that guides them and is a constant reminder of why they should maintain a healthy lifestyle. Without such a guiding goal, it is easy to lose focus. For Cory, that goal is to be a physically and mentally viable parent to his young kids as they grow up.

#### ***Congratulations to Cory...***

for finding the overarching goal that inspires you to live a healthy life everyday. Your enthusiasm for being active, perseverance through injury, and ambition to reach for higher goals are traits that encourage and inspire everyone around you. For these reasons and many more, Healthbreak is proud to induct Cory Skluzak as the 8<sup>th</sup> member of the State Employee Wellness Center Healthy Hero Wall of Fame.

