



State Employee Wellness Center 2011 Healthy Hero

Vicki Foreman

Health Care Policy and Financing
Drug, Rebate and Managed Care Supervisor

Vicki decided it was time to join the State Employee Wellness Center after a doctor's visit in 2009 when her doctor explained the number of calories she needed to consume in order to sustain her weight. She realized she was ready to make lifestyle modifications that have since changed her entire life.

"I knew I needed to change my life, and change it very fast or I was headed for a life of misery."

Since joining the Wellness Center over two years ago, Vicki has continued to make inspiring progress. She won the 2010 Healthy Hero Award for her amazing efforts, and she still manages to workout twice a day, six days a week. When working out in the Wellness Center, Vicki is either running, walking, or weight training. Recently, she added swimming to her weekly routine, hitting the pool to swim laps twice a week at her local recreation center.

The thing Vicki enjoys the most about the Wellness Center is being fortunate to even have a fitness center at work. Vicki says the convenient location makes it easy to plan her workouts around her busy work schedule. She appreciates being surrounded by the staff and other members who are extremely helpful and encouraging.

"Like anything, if you have the necessary tools you can accomplish great things."

All Vicki's adult life, she has taken a number of medications, including using a CPAP machine to help her breathe at night. Since joining the Wellness Center, she has lost 85 pounds and is now medication-free! Vicki notes that making a life change of this magnitude is no easy task. It takes hard work, dedication, and a conscious effort to stay on track. Every day, she commits to living a healthy life by closely watching what she eats, eating slowly to enjoy her meals, keeping a food journal, reading food labels, and exercising twice per day.

"I remember the days when I craved cakes and cookies, well now I crave swimming and walking. Instead of reaching for that cookie, I reach for an apple! Overall, I feel so much better since I started working out."

Vicki says being a Healthy Hero involves making healthy choices for yourself, your family, and staying on top of health-related issues as they arise to ensure you stay on target. She tells others to not give up, set goals that are challenging yet realistic, and to change your lifestyle to enjoy healthy meals and regular exercise.

"But the most important thing is include your family and have fun!"

Congratulations to Vicki...

for your impressive dedication, for never giving up, and always setting new goals to achieve. You constantly inspire others to commit to a healthy life by setting an extraordinary example for others to follow. For these reasons and many more, Healthbreak is proud to induct Vicki Foreman as the 8th member, and first repeat-recipient, of the State Employee Wellness Center Healthy Hero Wall of Fame.

