

Healthy Hall of Fame

Teresa Madsen- Head Start Area Manager

Winter 2018

Making a Healthy Lifestyle Change:

When it comes to making a Healthy Lifestyle changes, it is never easy. Teresa's journey started about three years ago when she joined the LCC gym and signed up for a fitness challenge. She developed a love/hate relationship with the BIA scale, which was beneficial in holding her accountable and keeping her on track. Teresa lost 20 pounds thanks to Trainer Tiffany (aka T-Pain) and her friend, Kim. who joined the challenge with her.

Teresa's Goals:

At the time, Teresa's goal was to get comfortable going to the gym again. She accomplished this and actually looks forward to her workouts. Fast-forward three years and her goals have evolved to really changing her lifestyle. Teresa's overarching goal is to lose weight and build muscle. She would like to be 120 lbs. but weight is just a number to her, it is more about how she feels and what she can do. Utilizing the BIA scale each month allows her to see progress and make needed adjustments to stay on track. She is able to see if her diet and workouts are building muscle and burning fat. Teresa can evaluate her macro nutrients and determine if changes need to be made, such as increasing her protein intake.

Healthy Eating Habits:

When it comes to healthy eating habits, Teresa has really taken baby steps. She has always believed you can eat anything in moderation. For her personally, she realized this thinking had to change. Teresa could see that having certain things like a piece of candy would trigger her all day and she would crave sweets. Knowing this, over a month ago she gave up Starbucks, refined sugar, diet soda, and simple carbohydrates. This has made a significant impact on how she feels and on her weight loss.

Motivation:

Motivation comes to Teresa from many avenues. Teresa and a fellow employee started challenging each other a couple months ago. They are both very competitive so it really motivated them. They started with working out five days a week for a minimum of 45 minutes. The following month they included tracking all food using MyFitnessPal. The tie breaker was based on drinking eight 8-ounce glasses of water daily. Teresa's motivation at the time was beating her. In the end, they tied two months in a row. They both got back on track and are sticking with it. Teresa has continued to use MyFitnessPal and finds it critical in holding herself accountable. Teresa says, "It is great to enter something I want to eat, look at how it will impact my day, and then decide if it is worth it." She also has a Fitbit Blaze that she loves and

finds that it motivates her in reaching her daily goals. Having healthy habits is important but Teresa finds that having the willpower to stick with it is more important. Her motivation to “stick with it” comes from knowing the lifelong benefits of a healthy lifestyle. Teresa wants to be physically and mentally healthy and happy for herself and her family. She wants to enjoy life and get back to the physical activities she loves.

Advice to Others:

For anyone looking to make changes and track their health, there are a few things Teresa would recommend. First, start using the BIA scale to get a big picture of your overall health. Secondly, track what you eat until you really understand portion sizes and how foods effect your day. Teresa loves MyFitnessPal. Remember to set small goals and take baby steps to achieve your end goal. Teresa starts each day with a workout plan be it cardio, weights, or HIIT. Lastly, remember nothing happens overnight. We all have bad days, give yourself grace and keep looking forward.