

Mary Hebert

Healthy Hall of Fame – Faculty – Winter 2017

Inspiration for Change: Knowing that Mary would be traveling home for the holidays motivated her to make some healthy changes to show her family. Back in July of 2016, Mary was at her heaviest weight and that's when she started making changes. Mary, who is in her 3rd year as math faculty at LCC, changed her eating habits first, with a goal to lose weight. She started by changing her eating late, and eating fast food habit to cooking everything herself. In August, she added in physical activity. Weight started to drop and Mary's motivation increased. So far, Mary has lost 50 pound and plans to keep dropping weight.

Current Work out and Eating Plan: Fun and different work outs keep Mary motivated. She works out in the Fitness Center with Andrew (one of the fitness center staff) two days per week in the morning for 1 hour. On the other 3 mornings, she does cardio on her own in the fitness center. Mary rounds out her work outs with Pilates and Zumba classes in the evenings. On Saturdays she does a 2 hour work out. She enjoys walking, jumping rope and weight training.

Meal prepping is how Mary makes her lunches and dinners each week. She'll use a slow-cooker and make something like red beans and rice, chicken fajitas or she'll make salads.

Sticking with it: Weight loss hasn't really been the motivating factor for Mary to keep going, it's the physical improvements. Mary finds satisfaction in seeing her ability to lift heavier weights, to jog longer, to get steps for Walktober, and to feel better. Having her work out partner, and taking classes also help her to stay accountable to her work outs.

Her next goal? Is to run a 5k obstacle course race on June 3rd called the Terrain Run with her work out partner.

Words of Wisdom: Have "accountability" through "classes, partners and teachers" is Mary's advice to others.