

# Healthy Hall of Fame

## Judi Howland – Lab Tech

### Healthy changes:

Two years ago, after the passing of her husband, Judi searched for a way to reconnect with herself to heal. She decided to make small changes to get back into something she's always loved. She was an athlete in the past and wanted to get back to working out. Recently, she has had to slow down on workouts because she was pushing herself too hard.

### Judi's goals:

Judi's first goal was to lose 5 pounds. Then 5 more. Then 10 and 10 more. She has lost 50 pounds! Now, her main goal is to have a healthy BMI. She got a BMI scale at home and instead of trying to lose weight, she works on increasing muscle mass and decreasing fat percentage.

### Current work-out plan:

On Saturdays and Sundays, Judi plays indoor soccer with a team. Every other day, she does weight training. She walks all the time, but doesn't count it as working out. Her daily step goal is 20,000 steps. She has an app called Abs & Core that she uses during weight training. She alternates days working on arms, legs, back etc. Her legs gain muscle easily so she limits the amount of days she works them.

### Healthy eating habits:

When she started putting her food into FitBit, she learned that she was eating too many calories and not enough protein. She increased daily protein intake to 30%. She is a vegetarian, so it can be hard to achieve 30%. She gets most of her protein in eggs.

### Motivation:

Judi's motivation is the passing of her husband. She struggled to find ways to heal. She wanted to get back into something she loved to reconnect with herself. She loves exercising and loves the feeling she gets when she pushes herself. It's harder to stick with healthy eating than exercise.

### Advice for others:

Small goals are more achievable. Start small and keep progressing forward!