

Healthy Hall of Fame
Michaela Jackson
Director of the Early Learning Center
Spring 2018

Michaela's Healthy Lifestyle:

For Michaela, living a healthy lifestyle is about more than just eating healthy and exercising. It's about having a work-life balance as well. She doesn't diet but enjoys eating good healthy foods. Staying active is important to her.

Michaela's Commitment to Healthy Living:

Michaela has always been health conscious, but she suffered a back injury at work while picking up a child in the Early Learning Center. She went to the doctor several times and all they did was prescribe her pain medication. She continued to have problems. At least once a month, her back would go out causing her so much pain she was unable to move. She eventually asked to see a chiropractor. The chiropractor told her that increased exercise and mobility would reduce her back issues. Essentially, he said her back was like a rusty bike chain and if not in motion, it would freeze up causing her decreased ability to move. He recommended she keep her body moving. Since following his advice, she hasn't had the same back issues for 10 years.

Michaela's Goals:

Michaela is prepping for an 8 day hike in Utah and around the Grand Canyon. She wants to stay active to keep her back healthy with no medication and no surgery.

Michaela's Workout Plan:

She loves to hike! She is on the move 5-7 times per week. After work, she gets in a 4 mile walk around the lake. 2-3 times a week she also hits the LCC Fitness Center

during her lunch break. She also incorporates strength training a couple times a week.

Eating Habits:

Michaela eats small meals with lots of healthy options. She drinks lots of water and eats at least 5 fruits or veggies a day, which was inspired by a wellness challenge a couple years ago.

Michaela's Motivation to Stay Healthy:

Not having back problems motivates Michaela to stay active. She knows her body needs it to stay healthy. The stress relief also motivates her because the lower her stress the better she feels.

Inspiring Others:

Michaela has high energy and others around are energized by her. She encourages her team by talking them on outdoor team building adventures. She also encourages them to take walks during breaks. She started walking the "triangle" with some team members to relieve stress.

Words of Wisdom:

Michaela advises to keep in mind that it takes 2 weeks for something to become routine and while it may be hard, gratification will come after that point. She also says that if you are able to find a buddy to work out with, it will help.