

Healthy Hall of Fame
Ann Williamson- Faculty (34-35 Years/ECED/EDUC
Program Coordinator) –
Winter 2019

Healthy Changes Made Lately:

Ann has started regularly going to the Fitness Center to control stress and is aware of the need to keep moving to maintain balance and flexibility. She has also done Zumba the last 2 quarters and loves it. She enjoys that Zumba instructor, Leah Sanchez, makes it fun and easy!

Current Workout Plan:

Ann's goal is to hit 10,000 steps every day and maintain her stress. She also has two grandbabies, a nine month old and a three year old, which keep her very active.

Ann's Goals:

Ann makes it a goal to try and listen to her body and wants to stay active and keep moving. Her standing desk helps with her back problem and she always tries to maintain awareness of frustration to stay positive. Ann makes the choice to be happy on a daily basis. She feels that everyone has that choice.

Healthy Eating Habits:

Ann loves exploring healthy recipes, especially soup, which is her favorite. She is also excited to use her new Instapot to see what healthy recipes she can come up with.

Ann's Motivation to Make a Healthy Change:

Ann wants to be a healthy grandma to be able to play and participate in all the kids' activities. Her mom was 94 and very active in all the kids' lives. She wants the same.

Ann's Motivation to "Stick with it":

Ann is motivated by her husband, who is in great shape. She jokes that she doesn't want him to leave her behind.

Advice to Others:

Ann's advice to others who are wanting to make healthy lifestyle changes are to not start too big and to stick with small and easy changes. Start with achievable goals and always be gracious and forgiving to yourself. It's okay to make mistakes, just keep pushing forward.