

*“The Wellness program made a huge difference for me. I hadn't been exercising at all (hadn't in about two years), and I had been feeling heavy and sluggish and unhealthy. The competitive aspect of the program appealed to me and got me moving every single day. I decided not to skip even one day, and although I had previously thought my days were too full to fit in exercise, somehow I managed at least a major walk each day. I lost 7 pounds in the six weeks, and, more importantly, I was more awake. My 24-year-old son noticed and said, "Mom, you have so much more energy!" Rare praise. And the competition was just the right length of time to get me into a rhythm of working out; even though the competition is over, exercise is still part of my routine, and I make it a top priority. Thank you!”*

*~ Jan, Wayland West Suburban Witness the Fitness Team Member*