



Success Story: Deborah Bell

"I realized I was not healthy, I had to do something. That was my wake up call."

Deborah Bell, Records Assistant at GVSU for 9 years, has always tried to maintain a somewhat healthy lifestyle. At a health fair last year, Deborah took advantage of an opportunity to step on a scale and was devastated by her numbers.

Deborah began by making small changes, like cutting back on sweets and giving herself time to get up and walk. However, to obtain the results she wanted she knew she needed accountability.

Through the [Health and Wellness weight loss resources webpage](#), Deborah found Mercy Heart's Health Management Resources program, which she says requires "participation, discipline, healthy eating, and exercise." Thanks to her Health Educator and cheerleader, Caitlin Mitchell, Deborah has made significant progress towards a healthy life.

Since the start of Deborah's health journey she has lost 50 pounds, improved her total cholesterol by 42 points, improved her triglycerides by 123 points, and reduced her risk of heart disease by 1 point. Deborah is grateful for the support and resources available to her, and says her quality of life has improved and she feels comfortable in her body now.

It's really about healthy eating," Deborah says. "I remember when Thanksgiving came around, they helped us with portion size." While Deborah is careful with what she eats, she also doesn't deprive herself. She says "... they teach you not to deprive yourself because if you feel deprived, that's when you have the opportunity to indulge and overdo it." Deborah also started participating more in the Health and Wellness events on campus, such as the Hold It for the Holidays Challenge, to help keep her on track.

Deborah's biggest motivations have been her family, staying active with her children and

grandchildren, even going to Planet Fitness with her husband to exercise. She continues to find time to go to the Fieldhouse to use the track, or even just using her break times to walk for 15 minutes. Her advice to others about starting their health journey is to "just start, you never know until you try."

Farmers Market 2017

Opening Day

[Summer Grill Challenge](#)

June 7th, 11:30 a.m. - 1 p.m.

Allendale, Parking Lot G

Bring your appetite and purchase a lunch for \$7, then vote for your favorite recipe at the [Summer Grill Challenge](#)! All proceeds will be donated to Replenish, the GVSU student food pantry, and the Children's Enrichment Center. [Register online](#) to save a spot.

NEW VENDORS: Brewt's, The Cheese People of Grand Rapids and Uncle Jim's jerky, as well as your favorite [returning vendors](#).

Visit the [Farmers Market website](#) for more information.

Health Coaches on Campus This Month

May 17th, 12 - 5 p.m., Pew Campus,
Seidman 2057

May 18th, 9 a.m. - 2 p.m., Allendale
Campus, Kirkhof 2228

Meet one-on-one with a health coach to help you find a realistic approach to reach your health-related goals. Health coaches are energizing in their commitment to

help you live your life with high energy, clear focus, and a positive and confident outlook. They don't make it easy by giving you answers, rather, they are skilled partners who join with you in creating an inspiring vision for your life. Together, you will create a pragmatic plan to move you closer to that vision, and in the process, they help you dig out your strengths and insights from life's clutter.

One-on-one telephonic coaching is available to benefit-eligible GVSU faculty, staff, and spouses at no cost to the member. Topics range from weight to stress management to nutrition. Qualified health coaches help direct and provide resources to help members meet their goals in a confidential and personalized manner.

Sign up for your appointment now by calling the 1-800 number on the back of your Priority Health insurance card, or online at priorityhealth.com and click the "Your events" box on the right side of the page, then click the "Wellness event schedule" link and select the upcoming event you'd like to register for.

[GVSU's Healthy Choices Wellness Program](#)

May is Bike Month!

How to Cycle Safely

May 16th, 12 - 12:45 p.m., Kirkhof 1142

May 17th, 12-12:45 p. m., DeVos 121E

Come to this lunch and learn for a quick introduction to safe and knowledgeable biking. The discussion is led by instructors certified by the League of American Bicyclists (LCIs) and will cover bicycle components and terms, rules of the road, cycling comfort and safety, bicycling infrastructure, and more!

Opportunity also is provided for participants to discuss what they encounter while bicycling and any barriers they experience to cycling with the LCIs. Register on www.gvsu.edu/sprout.

Traffic Skills 101

June 2nd, 8:30am-4:30pm, Allendale Campus, Fieldhouse

Do you know all you need to feel comfortable and safely ride a bike with traffic? The Traffic Skills 101 class gives you the tips, tools, and techniques to confidently answer YES. This class is taught by certified League Cycling Instructors (LCIs) and includes classroom work, skills drills on your bike, and on-the-road components. \$12 registration cost is covered by GVSU for faculty and staff. Register on www.gvsu.edu/sprout.

Active Commute Week

June 12-16

Track your active commutes to work using the West Michigan Rideshare tool through The Rapid and help GVSU beat other area universities and organizations by accumulating the most trips. The challenge includes daily prize drawings for participants who track trips! Overall winners will be announced during a Handlebar Happy Hour hosted by the Greater Grand Rapids Bicycle Coalition. Start at www.acwgr.org. Register under GVSU's team and to qualify for prizes!

Bike Tune Ups at the Farmers Market

June 21, July 19, August 16, September 20

Own a bike and need a tune up? Bring your bike by the Farmers Market and drop it off for a basic bike tune up. While you're there visit the local vendors, knock out some grocery-shopping, and enjoy a little live music. Sponsored by Human Resources and the GVSU Outdoor Adventure Center. Register online at www.gvsu.edu/sprout.

1 Campus Drive 1090 James H. Zumberge Hall Allendale, MI 49401

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