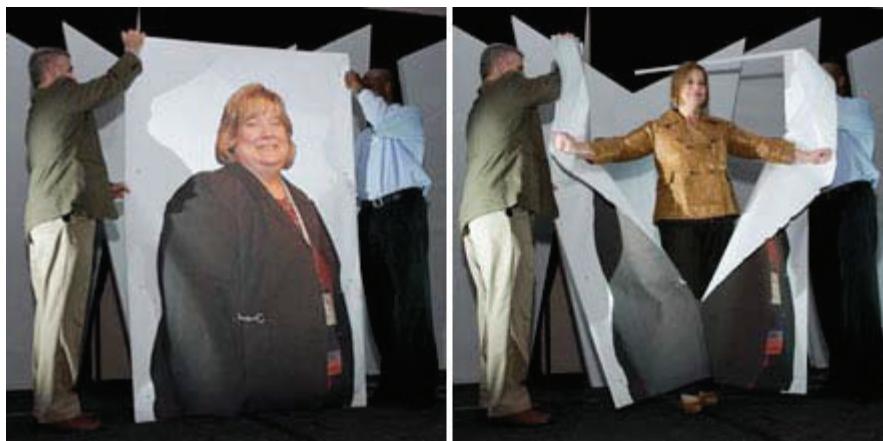


The Power of One—How One Woman's Triumph Inspires Hundreds of Leaders

At last week's Internal Leadership Meeting, the Children's Executive Team presented wellness as a main area of focus in 2010. And as leaders found out, when it comes to motivation regarding wellness, seeing is believing.

Paula Hickman, Manager, Physician Data Systems, has lost 150 pounds in a little more than a year, thanks to the resources offered by Children's Strong4Life program. To celebrate her success, the Wellness team planned a complete makeover, including a new hairstyle, makeup and outfit. Paula debuted her new look with a surprise reveal at the Internal Leadership Meeting, winning over the crowd with her courage and humility.

In the middle of the meeting, suddenly, the lights went down and spotlights shone on a life-size photo of the old Paula. With confidence and determination, Paula unexpectedly burst through the photo banner to reveal her lighter, made-over look. [View the slideshow](#).



With a beaming smile and a standing ovation, she walked up to the podium and inspired others to jumpstart their wellness journey:

"Somewhere in the last 20 years, I lost myself. Everyone and everything was more important than me. Twelve months ago I accompanied my daughter, Nicole, on a trip to Washington, D.C., for an historical presidential inauguration. At that time, I was taking six medications for weight-related illnesses, including high blood pressure, high cholesterol, thyroid and severe sleep apnea.

"The trip required miles of walking in freezing temperatures, due to limited public transportation that day. I found myself gasping for air as we struggled to move with the crowds. One glance at the fear in Nicole's eyes was heartbreaking. It was as if I was dying in front of my daughter. That day, I took a vow to turn my health around because whether it's your daughter, your grandchild or a child of Children's, they are depending on us."

The Power of One—How One Woman's Triumph Inspires Hundreds of Leaders

At last week's Internal Leadership Meeting, the Children's Executive Team presented wellness as a main area of focus in 2010. And as leaders found out, when it comes to motivation regarding wellness, seeing is believing.

[View Full Story >](#)

Congratulations DAI Award Winners

Barbara Rosemond and Russie have been recognized for their commitment to excellence.

[View Full Story >](#)

Show the Love—Help Children's at Hughes Spalding Win a Fun

Now through Sunday, be sure to vote for Children's at Hughes Spalding at colgate.com/showthelove.
[View Full Story >](#)

Federal Health Reform Continued...

If the Health Reform bill gets stuck at a standstill, find out other options for reform.

[View Full Story >](#)

Children's Execs Walk for Wellness

Last year, Children's Executive Team resolved to make walking a priority and set an aggressive goal to log 1 million steps per month—that's more than 14.5 million steps.

[View Full Story >](#)

What You Think Makes Children's a Great Place to Work

To help celebrate this accomplishment and what you do to make Children's a great place to work,

"Children's Strong4Life program offered a number of tools that I've benefited from. Marie Spano, Wellness Nutritionist, The Park, provided nutrition counseling and an ear to listen, while fitness instructors Emily Anne Valle and Linda Byams provided exercise options and a variety of physical challenges. My director, Bill Lee, and all of the members of Medical Staff Administration—Jackie Bennett, Carole Cahill, Bobbi Henderson, Susan Holt, Lisa Kuklinski, Felicia Reynders, Anne Rowe and Mariann Agate—encouraged me weekly during my journey. Bill allowed me the flexibility in my work schedule to attend Strong4Life sessions, participate in department challenges we held for walking the most steps and supported my continuing education. We have all become addicted to our Actiped pedometers, exercise has become the normal instead of the abnormal and I'm worthy of personal growth.

"Today, I am proud to say that I'm 150 pounds lighter, my medications have decreased from six to two, my sleep apnea has improved and is no longer considered severe, I can easily hike 7 to 8 miles and, most importantly, I feel great! In addition to my health, I've achieved confidence and personal growth; I graduated with honors in a BSHA program at the age of 51. Without the love and support from my husband, family, friends and the many new friends I've come to know through Children's Strong4Life program, I could not have been this successful in my journey.

"This is not the end of my story, but just the beginning—the beginning of a healthy life with new challenges and adventures. I continue to challenge myself with new goals. In 2010, I'm adding tennis lessons, strength training and pursuit of a Master's degree. I'm no longer tied to a 150 pound weight that held me to the ground and restricted me from living and being all I can be for myself, my family and friends, and to the children we all serve at Children's.

"You all have the opportunity to join me on your own adventure. Children's has given each of us a wonderful opportunity to truly take care of ourselves so we can take care of the children entrusted to our care. We want to be the best we can be for ourselves and the children. Just open the door and take the first step."

Since the inception of Strong4Life, Children's employees have lost more than 18,000 pounds. This year, Children's has set a goal for employees to collectively lose 10,000 pounds. Visit our [Strong4Life pages](#) for details about Children's wellness initiatives.

[Back to News Center >](#)

such a great place, we what you think Children's is a great place to work. So you had say.

[View Full Story >](#)

Enjoy Your Children and Take a Peek at 1 Day Slideshow

Managers and leaders handing out recyclable Children's totes today appreciation of you for make us one of *FORL* Best Companies to Wo Be sure to check out the slideshow of employee their spirit.

[View Full Story >](#)

Do You Know Your Department's Safe A Feb. 1-5 is Severe W Awareness Week

February 1-5 is Severe Awareness Week in Ge part of this education Children's will participa statewide tornado drill sometime this week.

[View Full Story >](#)

Children's Finalizes Million, Five-Year Pl New Research Center Excellence

Children's recently con investing \$75 million o next five years for ped research centers of ex

[View Full Story >](#)

Children's Complete Transition to Fidelity Retirement Plan—Yo Now Access Your Ac

Good news: Our retire transition to Fidelity is You may now access y retirement accounts.

[View Full Story >](#)

Children's at Egleston Clairmont Parking E Extended to Feb. 28

Children's at Egleston employees who park a Clairmont Parking Dec notice that their parkir hangtags are due to e 31, 2010.

[View Full Story >](#)

Earn Celebrations P Healthy Living with Strong4Life Incentiv Program

Again this year, Children