

# Your Total Rewards

At Children's, we recognize that wellness is not a quick fix—it's a journey. Since its inception in 2008, Strong4Life at Children's has offered our employees many opportunities to take control of your health. Whether through meeting with a Children's nutritionist, participating in an on-site fitness class or taking part in one of the Strong4Life challenges, you don't have to look any further than right here in your own workplace to find the tools you need to achieve your wellness goals.

All of our Strong4Life participants inspire us with their stories of strength and perseverance. Here are the wellness journeys of six of our dedicated Strong4Life participants, in their own words:

## Caryn Crawford

### Foundation, Data Entry Specialist, The Park

Even though I joined Strong4Life in 2008, I struggled to lose weight on my own. On January 26, 2010, I decided to join Weight Watchers at Work. In addition to Weight Watchers, I participate in several fitness classes offered at the Park. Zumba and Cardio Fusion are my favorites. Since January, I have lost 30 pounds and counting, my Type 2 Diabetes is under control, and my stamina has increased. My husband says I even walk faster. I am most proud of this year's KP Run/Walk, as it was my third and best one. I finished in an hour.



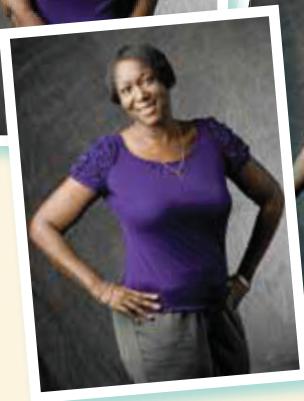
Without the support of my family, co-workers, fitness and nutrition coaches here at Children's, the Actiped, and, above all else, prayer, I would not be here sharing my success story. Thanks, Children's, for making me Strong4Life.



## Olympia Bell

### Customer Service Representative, Children's at Scottish Rite

I began gaining the bulk of my weight after my second child. It's true what they say: It's most difficult to lose weight after you hit 30. Even though I've been trying to lose weight—and keep it off—nearly all of my adult life, it wasn't until I was diagnosed with high blood pressure about three years ago that I got motivated to take this weight and healthy lifestyle thing seriously. When I learned that Children's was offering the You4Life and Strong4Life programs, I immediately wanted to be a part of them. In May of 2009, I began my journey by tracking my meals. I cut out fried foods and sugar, and I added more vegetables, fruits and grains to my diet. I made sure to eat breakfast every day and drink plenty of water. I also began working out at least 6 days a week, taking advantage of some of the fitness classes offered at Children's, like Power Pump and Cardio Fusion, and walking or running around Stone Mountain Park. Sundays are my rest day.



What a difference a year makes. I haven't quite reached my goal, but so far I've lost 68.5 pounds. The programs and meetings at Children's have given me the tools I need to make changes for a lifetime.

### Ramon Turnbow

#### Patient Access Lead Customer Service Representative, The Park

On Sept. 15, 2009, I weighed 240 pounds. After attending a Strong4Life Wellness Fair, I decided I needed to start working on my health. I began by visiting the gym. Then, one day, I noticed I had a dark ring (skin discoloration) on my neck, and I found out that I was pre-diabetic. The doctor told me that if I did not lose weight, I would have diabetes (which runs in my family). I told myself right then that things were going to change. I joined Weight Watchers at Work, and, even though some days I thought my instructor was trying to kill me, I stuck with it. The fun of it overshadowed the hard work.

From my first Strong4Life assessment to today, I've lost 60 pounds. I am no longer pre-diabetic, and the discoloration on my neck is gone. With the help and support of the Strong4Life and Weight Watchers staff, being healthy now seems so simple.



### David Waters

#### Applications Analyst, IS&T, The Park

In January 2008, I weighed in at more than 200 pounds. I was planning a trip of a lifetime and wanted to walk the Great Wall of China. In my current state, I knew I would not be able to really enjoy it. Strong4Life was very instrumental in my getting the weight off the right way—and keeping it off. It has been 19 months, and I am no longer taking hypertension medications. I have run two half marathons and countless 10k and 5k races. I now run more than 20 miles a week (more when training for my next race).



One of the best qualities of Strong4Life is that it gives employees a chance to work together through the process. From the instructors who are members of the Children's family to co-workers who give everyday encouragement, thank you to everyone involved with this wonderful program.

### Cynthia Farrington

#### Medical Technologist, Children's at Egleston

When the Strong4Life initiative began, I desperately tried to get into the first round of classes. I knew I needed to lose weight, but I also knew I needed support to make it happen. Unfortunately, I did not qualify to be in that first round based on the criteria set up at the time. When I saw the enthusiasm from a co-worker who did get in, I decided to start walking with my dog at home. The more I walked, the better I felt, and so I decided to change other bad habits as well. Some weight was slowly coming off, but, as the second round of classes began, I made sure that I was accepted so as

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to get that coveted Actiped. With great support from Mindy Belcher, Crystal Neal and my fellow classmates, I was able to make great strides in getting my health on the right track. The day I was presented with the trainer award was the day I realized that I had achieved something big for myself. Knowing that my trainers felt I had been successful allowed me to believe in myself for the first time in a very long time. With that knowledge and support, I have continued the journey. I have lost 70 pounds and have logged more than 7,000 miles since Sept. 30, 2008.

Thank you to the Strong4Life leaders who continue to present us with team challenges, which create such a feeling of team spirit and support. It feels great to know that we are all working toward something much bigger than ourselves.

## Suzanne Butler

### AART Technologist, Children's at Hughes Spalding

Strong4Life came at a time for me when I was ready to make some changes in my life. I wanted to get healthy, and that meant losing weight and developing better eating habits. I must admit, getting started was very hard. There were some good days, but a lot of bad days. Over time, things got better. The encouragement from my trainer was phenomenal. She really helped me to push myself by developing a workout plan that I could stick to, and, eventually, I was doing things I never thought I could do.

To date, I have lost more than 40 pounds. People are always telling me how good I look, and I've even inspired a few folks to start working out as well. I am four sizes smaller than I used to be. I can now run a mile and a half and actually enjoy it (I never thought that would be possible). I don't eat out nearly as much, but, when I do, I know how to make smarter choices.

Without Strong4Life, I think I would have repeated the cycle of saying, "Tomorrow I'm going to make a change." Then when tomorrow would come, nothing would happen. I'd just say it again and again. Thank you Strong4Life for helping me change my life.

Every participant is unique, and so are their stories. Whether you want to lose weight, eat healthier or just lead a more balanced life, each and every step we take toward better health means it's another step toward being even stronger for ourselves and our patients. Thank you to all our participants for your commitment to being Strong4Life.

