

CWRU Healthy Success Story

In the summer of 2012, Judy Olson-Hammar was always tired during her work days at the Director of Educational Services for Students. Making it worse, she just couldn't sleep well at night. So Judy decided to take her health more seriously by starting a walking routine.

"For the first six months when I decided to make a change, I walked daily for an hour," Judy recently shared with the Wellness Team. "I remember having to stop to take a rest after about 15 minutes of walking. I would be out of breath just walking up the quad here on campus."

She was fortunate to have support, "Luckily, one of my sons was willing to go with me," she added. "I often had to walk late at night because of my work schedule. I wore a fisherman's battery-operated head lantern so that I would not trip on sidewalks or roads. I looked goofy but it was at night so I didn't care. "

But sticking to it really worked. "I later alternated walking briskly with doing my 'old lady' jogging."

Judy maintained her workouts as winter approached, "Once I started to go to a gym because of the bad weather, I had to tell myself that it didn't matter if I was an old lumpy lady among young men and women who were obviously fit."

Judy answered a few more questions for us.



You have lost 90 pounds! Aside from looking better, what other changes have you noticed?

I have much more energy! My health is back AND I am sleeping better.

I have also gone down 6 dress sizes.

What dietary changes did you make?

I don't eat white rice, potatoes. I work to limit my intake of sugar. I don't drink anything but water, unsweetened tea or coffee-- no juices or soda. I eat chicken perhaps once a week, but no red meat. I use a daily green drink of raw vegetables and fruit. I try not to eat after 7 pm.

What do you listen to?

I just use Pandora and will go on themes for a week or two at a time. I like Celtic music because the beat makes me move faster--really any music with a good beat helps me move along faster.

What is your favorite healthy snack(s)?

I like unsweetened popcorn and fruit.

What is your health philosophy or motto?

Exercise is food; food is medicine, meaning that I should not go without exercising each day and I should consider food to be something I ingest to be healthy.