

Success Stories from our Most Recent Participant Survey



- I did not realize that I had high cholesterol until after I did the initial screening and I was told to go to the doctor right away and cholesterol is a silent killer. For that I say thank you! I started to watch my diet, introduce exercise and from that point on my cholesterol has come down and I have been healthy for over three years.
- I started working at Case shortly after graduating. I had a sedentary job as well as an inactive lifestyle outside of work. After my first biometric screening yielded some scary news I started being more active. I started swimming, biking, and recently running. I started paying more attention to what I ate and have lost around 60 pounds over 4 years. Still got more to lose but it's made a huge improvement in my life.
- I have developed a habit based approach working on small habits one at a time until they are established before moving onto the next habit. I've been physically active on a regular basis for almost 2 years now and feel great. I have weight to lose but I'm not being active to lose weight, I'm being active so that I can keep up with my kids and lift them up or walk up stairs without getting winded or tired. Shifting my mindset to why I'm doing this has made a big difference.
- When I first participated in the Wellness Program, I had a little issue with back pain from time to time. I tried to do yoga for back pain on my own with YouTube but it didn't work. After taking the yoga course for back pain, I know the basics and that is enough to make me practice and exercise on my own. I no longer have back pain.
- I smoked and I tried everything I could to quit. So (I took the class) and the money added the extra incentive to quit. Now, 5 years later, I am smoke-free. I did not quit the first time but they kept letting me come back (to class) and I kept going back until I got it right. Today I can happily say I AM A QUITTER!!!

- I was unhappy with my weight and the results I received from my biometric screening in 2017. I decided to take my health seriously and enrolled in Weight Watchers on my own. I then discovered CWRU Wellness Program Incentives. After 1.5 years, I have lost 60 lbs and ran one 5K in 2018 with plans to run two more in 2019. My biometric screening numbers were within a healthy range within one year of starting on my health journey. I am still working towards my goal health, but having the financial incentive has been a good motivator.
- One of the best wellness programs I have enjoyed is the Books@Work program. Not only am I able to read new books and participate in book discussions, I have met my best campus friends as a result of frequently interacting during book discussions. Even when working alongside colleagues, gathering to discuss all ramifications of life is the best way to truly get know other individuals. I feel incredibly blessed that this program exists on our campus and it is the singular reason why I love working at Case.
- I started out morbidly obese, and I have lost 102 lbs since Oct. 2017, kick started by the Living Lean course, which I signed up for in order to get my wellness credit. I never thought it would have such a huge impact on my life. I just have 28 lbs to go to reach my final goal! I recommend the Living Lean course to anyone who asks. I have started mountain biking and snowboarding as well, mountain biking has become a major passion in my life and I now consider myself an athlete, rather than a couch potato. All my health issues have resolved as well. My life has changed completely and I am SO SO SO HAPPY. Often people don't recognize me because I've changed so much, and I love it when that happens!
- Several years ago, because of my fall health screening, I found that my health was bordering the red zone in many areas for the first time. Until I was in my 40's I had always been active and fit. Suddenly, it became very important to me to make changes that would improve my health. Within three years, every one of my danger zones was back down into the green and I'm feeling wonderful. Additionally, making myself and my overall health a priority has helped me to have a better, happier perspective. I do it for me!
- The mindfulness program really helped me to combat the blues of midwinter and always brought me back to my work tasks with a fresh sense of attention.