

Ernie's Healthy Journey at CWRU



Before coming to work in development at CWRU's School of Medicine, Ernie Timbs was somewhat interested in self-improvement, having participated in unguided contests like "Biggest Loser" and less defined wellness initiatives at a previous employer. While these contests were fun and appreciated, the results were not sustainable.

In the more than 5 years since coming to work at CWRU, Timbs has participated in a variety of wellness programs that have "helped him put the pieces together and bring about a healthier overall lifestyle that is proving to be much more lasting.

Timbs says, "The nutrition classes have helped me understand and sustain a plant based diet transition that I had started on my own, but likely would not have had the willpower to sustain (two years and counting!)."

He shares that the Building Connection and Communicating in the Midst of Stress class, which included a variety stress-busting and mindfulness techniques, helped me become a better listener at work and at home."

He appreciated the Gratitude, Compassion, Forgiveness: Meditations on Heart series which helped him navigate the stress and uncertainty of the pandemic,

Timbs shared that the Financial Wellness 101 & 201 series have helped him be better situated not only with his own finances, but those of an ill parent for whom he was suddenly responsible.

Finally, Timbs shared, "The team based exercise programs helped me bond with co-workers, find stress relief and enhance my overall health even more!"

"Through it all, I have navigated my late 30s in the best physical shape of my life, seeing results in my annual biometric screening, and generally feeling good! In a safe, responsible way (no more biggest loser contest!), I have changed my diet, committed to a reasonable amount of exercise (no gym membership required, guys!), lost and kept off more than 20 lbs, reduced stress despite taking on more responsibilities, and have energy to coach my son's youth sports teams!" Timbs asserts.

"I am grateful to the Wellness team for their efforts to develop and offer such a variety of programs, and to meet us where we are in the journey. Despite introversion and sometimes being one of just a few males in the room, I have never felt self-conscious or uncomfortable in any of the classes. Each one has been worth the time spent, with FANTASTIC instructors, and the incentives for participating make it an easy choice!"

"I highly recommend the wellness programs to anyone interested in taking a first, pain-free step toward a healthier lifestyle!"