

# The York University Staff Association Health and Wellness News and Views

You've probably noticed that every time you turn around, every time you look up, there is something you see about losing weight. You might even be tired of seeing it, especially if you face your own personal battle with your weight. It is important to remember that it isn't always about weight loss. It is about living a healthier life. Having lower blood pressure, more energy, lower blood sugar, sleeping better, feeling healthy and confident, and simply feeling better in your skin.

Looking for a little motivation? Look no further! Get inspired by these YUSA members who share their success stories, whether they decided to simply make healthier food choices, or they decided to make the most of their lunch hour by joining YUSA's Fitness program.

*It's all about lovin' the body you have today and doing what works for YOU.* Choose your own path and soon you'll be yelling "I did it!" too.

## GO TEAM YUSA!

Kerriane Brown

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**Unfortunately** I do not have a successful weight loss story to share. Especially this spring I have tried so hard to be more careful with portion sizes and selection and still no weight has come off. I have been faithfully attending the YUSA fitness classes for the past

three years. I really enjoy the enthusiastic, positive, and conducive spirit. I enjoy the opportunity of meeting so many colleagues, and most of all I enjoy the peace of mind I have knowing that, even if I do not get into any other exercise at home, I have incorporated exercise in my workweek. Thank you YUSA, thank you Kerriane!

**Rita Parente**

**When I started** exercising with YUSA my health wasn't the best as I have Type 2 diabetes for a few years now and my blood pressure was on the rise. Since I have attended these fitness classes I have had wonderful checkups with my doctor. She has shown me charts from one year to the next and my health has improved greatly. I credit this to both the YUSA fitness program and for me taking control of my health. I did injure myself last summer by tearing my rotator cuff and I couldn't do the classes for a few months. However, I have been to physio and started attending classes and do what I can do. I truly want to thank YUSA for making the classes fun, your encouragement, and driving us to our potential. If it wasn't for you I would try to walk during our lunches; however that doesn't work for me as I need more of a cardio class AND The YUSA fitness classes are IT!!! Thank you thank you thank you, YUSA! From the bottom of my heart for making me a healthier me.

**Donna Munshaw-Sepper**

**I have been** a YUSA member for approximately 4 years now. At first, I was hesitant to start participating in the YUSA fitness program. I used to think I didn't *need* to exercise. I used to think that getting *sweaty* over the lunch hour would be uncomfortable for my co-workers and me afterward. I used

to think that exercising over the lunch hour would make me *tired* afterward. Boy, was I wrong (on all fronts!). Exercising is important for everyone at any age. When I return from my lunch hour workout, my colleagues (students, staff, and faculty alike) are tremendously supportive - - sweaty or not! I also feel energized and ready to dig in after my lunch hour workout. I definitely get a helpful "second wind" because of the YUSA fitness program. With respect to my physical health, I am losing weight and gaining muscle where my body sees fit. With respect to my mental health, I am feeling great every day! If I am feeling stressed about something in the morning, you can bet your bottom dollar that I have a clearer head after taking up the opportunity to exercise over the lunch hour. The YUSA fitness program has led to positive lifestyle changes outside of work as well. I am making healthier food choices and drinking loads of water. I sleep better and wake up well-rested. For the first time in a long time, I feel healthy inside and out. It has been a slow process, but slow and steady wins the race! Changes aren't occurring overnight, but over time. I am proud of the way I look and feel. I choose not to weigh myself and judge my progress based only on how I *feel* physically and mentally - - and I feel fabulous! I credit the YUSA fitness program with opening my eyes to the benefits of daily exercise. Thank you YUSA!

**Lauren Hall**

**Since, I started** coming to the fitness: I feel healthier, always want to come, and is one of the motivating things to come to work all the time. Thanks!!! It's fun and lively to participate.

**Adeola Odunola Olatoye**

**It's a cliché** but true when we only realize when it's too late and question why our clothes don't fit the way they did before or we

say it's only 5 pounds we'll take it off, before we know it we are up 10 pounds. Struggling with weight gain has always been a challenge; the weight just didn't come off the same way or fast enough. I found my body changing before my very eyes. It was time to do something about it. I began attending YUSA fitness classes faithfully. I also incorporated seeing a Nutritionist to educate me with better eating options and supplements to boost my metabolism into my routine was the best thing I ever did for myself.

Taking control again and learning to make some life style changes and making the YUSA fitness program part of my work day training does really pay off.

"Strong is the new Sexy"

**Mary Barbeiri**