



# SEIZE THE DAY

★ CELEBRATE SUCCESS! ★

TOUR OF TEXAS PARTICIPANTS SHARE THEIR SUCCESS

Employees and spouses from the entire TRS-ActiveCare organization have answered the challenge to “Seize The Day” and get healthier in 2016. Here are a few of their personal stories and pictures to inspire you.



## Getting More People Involved!

Due to this challenge, we created workout days at the office after work. Everyone has had positive results. We hope to promote this to other employees next year to have additional teams.

## Committed to Continue

Whew! It has been a great run and I am committed to continuing with the good habits we started with this Tour of Texas Challenge. Thanks so much for your resources and encouragement. The most enjoyable part was the feeling of a team of people behind me to be accountable to. This really helped keep me on track. The benefits were multiple - from



losing 12 pounds, to becoming more flexible, to physically feeling better and having more energy, to having a more positive attitude, and even to being more clear minded. My goal is to continue eating sensibly, and to continue exercising at least 4 days a week. This must be a permanent change if I want to remain healthy and vibrant. AND - I have a lot to look forward to in the coming months because I am getting married in March, 2017. That is a very special reason to continue my goals. I hope there will be more challenges like this in the future! Thanks so much!!



## I Stuck With IT!

I have never done yoga pose stretches, but this challenge sounded interesting and I really wanted to try it. It took some research to figure out the poses. You should see the stick figures I drew beside each item on the list. Even more hilarious was the way I looked when trying the poses. Believe me, I was no human pretzel, not even close. No doubt my dogs were laughing their heads off. Well, it took me all week, but this morning I finally held each stretch for 30 seconds. I can report that my stiff neck actually feels better, and that I think my back also feels better, after the initial shock and soreness, that is. (Haha) This is a great accomplishment for me personally - I set a goal and I want the self-satisfaction of knowing that I stuck with it over the course of the Active Care Challenge.



## Looking Forward to the NEXT Challenge

We have had so much fun doing this challenge!! We hope that Aetna/TRS will continue to do these challenges!! Our superintendent is a big supporter in any healthy challenge! He is all about being healthy and active! So as a school district, we are always encouraging eating healthy and get motivated with health and fitness!! Thank you again and we hope to join the next challenge!!

## Feeling Better

I enjoyed the ease of entry of the hours during this challenge the most. I benefited from this challenge mostly in a physical nature because it made me more aware of the physical activity that I was doing. Of course, the physical activity made me more fit and slightly calmer. This challenge made me feel better in that I believe my circulation improved. I am thinking about implementing more of the nutritional aspects.



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