

"I have so ***much more energy***  
and ***muscle tone!***"

—Renee G., Department of Mental Health  
and Substance Abuse Services

## Programs that helped the most



Well-Being  
Assessment



Biometric  
Screening



Well-Being  
Connect Trackers



Health  
Coaching

## Where I started

I have active lupus and rheumatoid arthritis, and I'm overweight. I wanted to get into a regular exercise routine, stick to it and get more physically fit to not only control my lupus and RA better, but to also lose the extra weight.

## My journey

I knew it would be challenging to go after my goals while having a full-time management job, working on my bachelor's degree and raising three small boys. That's why I am so grateful for the motivation that the ParTNers for Health Wellness Program provides. It has helped me overcome my challenges by giving me the information that I needed to put together a well-rounded wellness plan. My health coach gave me a platform to keep track of my journey and progress and encourages me to continue eating better and exercising.

## My life now

I now exercise seven days a week. I've made time by walking 1 mile on my lunch break. I also use my 15-minute wellness break in the morning to use the elliptical machine at work three times a week. Instead of watching TV after dinner each night, my husband and I walk or bicycle 2 miles. I have much more energy, muscle tone and endurance now—and I've lost 6 pounds so far! I also feel that I have what I need to stick to my goals.

## My advice

Stop making excuses for why you can't exercise! There is always time. You just have to identify it and use that time for the good of your health.

## Share your story!

We want to hear about the healthy changes you've made in your life. Whether you've shed pounds or simply made a commitment to walk the dog each day, your story can spark a change in others. [Submit it today.](#)