



In the Spotlight

Borough of Glassboro

We all know that when it comes to our health, we need to be consistent with the choices we make throughout the year. It's not a one time "fix"; it is a lifestyle change. Jim String, Shop Supervisor for the Borough of Glassboro Highway Crew, has been devoted to making wellness a part of a challenging environment. Jim took it upon himself to help his teammates stay on track towards obtaining a healthy weight through weekly weigh ins and words of encouragement. Educational presentations were arranged throughout the year to help bring awareness for improved lifestyle behaviors and to encourage self-care. What was so wonderful to see was the support and the enthusiasm that has developed among the entire crew.

Two key "take-aways" from this: 1). Wellness has to be ongoing in order for progress to be made and sustained, and 2). Strong support systems can truly build morale and motivation to keep trying and reach our goals!

Congratulations Glassboro Highway Crew on continuing this journey towards wellness! And a special thank you to Jim for his endless support and determination!

Do you have a story you'd like me to share? Please email me at debby_schiffer@targetingwellness.com.