



Lake County Wellness Program

Lake County Wellness “fits” its way through the county!

Read actual employee testimonials

*I love Boot Camp and Pilates! Mike has taught us a lot of different ways to work out and how we can use them at home in our own workout routines! Thank you! **Shanon Gandolf, Sheriff's Office***

After continued participation in Fitness 101, Pilates, and Boot Camp, I feel energetic and fit! The great thing is I am able to work out at my own level of fitness, only competing with myself!

Ruth Stossel, Job & Family Services

*“The biggest way the program is helping our team is by making us responsible, not only for our own weight – but by helping out and competing with our teammates. The Biggest Loser Program has created an atmosphere of not wanting to let our teammates down, which helps when you are thinking about having seconds at the dinner table!” **The Engineer's Anatomy Team***

I just wanted to let you know that the different programs the Lake County Commissioners have been offering have been a big help! They have been the motivation to get me moving and to have the incentive to lose weight! It is working! Thank you and please keep it coming our way!

Cheryl Murphy-Perez, Job & Family Services

Participating in the Biggest Loser Competition is the encouragement needed to make some healthy life changes! Being part of a team is a valuable component to the process!

Connie Strickland, Utilities Department Billing

*I am in Fitness 101. I have also pulled out my pedometer and I am stepping upstairs at Job & Family. I have noticed a big difference in my clothes, in how I feel, and my energy level! I hope the county will continue to offer these programs! **Jennie Jewart, Child Support Enforcement Agency***

*I feel Pilates has really toned the body and helps in reducing stress/tension! I just feel relaxed after class! I really enjoy the weight part of Boot Camp class! The cardio exercises can be difficult at times. Overall, it has helped me loose inches! I have come up with a 45-60 minute routine that I do on weekends/holidays! I have cut my smoking in half and have managed to lose a little over 6 pounds in 4 weeks with the Biggest Loser Competition. **Debbie Koubeck, Central Purchasing***

I do Fitness 101, Beginner's Pilates, and the Biggest Loser! I have lost 4 pounds! I really enjoy Fitness 101 and Pilates. Everyone should try it, it's great! Mike does a great job!

Mary Feathers, Buildings & Grounds

*I have quit smoking with help from the “Up in Smoke” Program. It was an excellent program, it was not easy, but the class truly did help! The instructor was great and truly cared about us! I would recommend the class to anyone! Please pass my compliments on to the hospital! **Gini Geffert, Veterans Services***

*I enjoy the Fitness 101 and plan to move up to the Beginners Pilates! Thank you for the opportunity to get healthy! **Mark Vosburg, Sheriff's Office***

*I did enjoy the Fitness 101 class! It was easy to do and it actually did make you work up a sweat. The time and place were good because you were already there! I hope to rejoin in the spring or summer!
Simone Jackson, Records Office*

*"The Pilates and Boot Camp classes are very challenging, but also very rewarding. I have definitely noticed a difference in my fitness level, which makes the hard work worthwhile. Having the classes in the Administration Building at lunch time and at the end of the day is really convenient. I would encourage everyone to take advantage of the opportunity to take these classes!" **Lindsay Evans, Prosecutor's Office***

*The 10,000 Step-up Program actually got me off and running! Then, you added the Fitness 101 Program, which I joined. Great move for me! These programs came just at the right time to motivate me after my knee surgery. The programs are working! I have more energy in the evenings when I go home, my family and I are eating healthier, and the weight is coming off! Thank you for the classes!
Nanette Grupe, Job & Family Services*

*I'd like to say that it is very convenient to have Boot Camp/Pilates classes at work! You go home feeling that you've done something good for yourself! And, at the same time it does not take your time away from the kids and family! It makes me feel good about myself! The 10,000 Step-up Program made me realize what I needed to do to accomplish the goal-10,000! The Biggest Loser has made me work harder because I am part of a team! **Marina Tsent, Information Technology Department***

*Boot Camp lets you focus on the maintenance that truly goes into staying fit and healthy! And, that's a challenge all in its own! Conditioning is the one sport in which you are solely competing against yourself! Eventually, the outcome will outweigh the doubt! **Matt Myers, Job & Family Services***

*I participated in the 10,000 Step-Up Program, attended Fitness 101, Boot Camp, and I am currently participating in the Biggest Loser Program. I have really enjoyed the classes and the increased emphasis on fitness that the County has provided. Since May, when the 10,000 Step-Up Program started I have lost 30 lbs. and I am continuing to lose! I look forward to future programs!
Michelle Thompson, Job & Family Services*

*The Biggest Loser is great, knowing that the scales are waiting for you really help! Also, the teammates are a great support system for each other! **Sharon Sweeney, Job & Family Services***

*"I especially appreciate the evening fitness class options...After a busy day in the office, it's nice to get my workouts checked off my 'To Do List' before I go home at night. There really is something for everyone, no matter what their fitness level, and all the classes are convenient, fun, and are **really great** workouts!"
Gracia Morton, Prosecutor's Office*

*I believe the Fitness 101 on Tuesday and Thursday has given me more energy, and has helped me to exercise at home using the exercises that we have been taught! I do recommend the program and I hope it is continued! **Tiffany Ducksworth, Utilities Department Billing***

*I have taken the 6 week Lifestyle Change Lecture Series, the Fitness 101 and I am currently doing the Biggest Loser! I have enjoyed all that the county has provided. Please, continue with these kinds of programs...it is very helpful! **Wendy Brewer-Wick, Job & Family Services***

*I really prefer the Pilates and found that at 2 x per week I was toning. I was able to see a difference after just a few weeks! I felt better and slept better! **Kris Reed, Sheriff's Office***