



# WELLNESS CHAMPIONS



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I started gaining weight after graduating college and getting my first "grown up" job. I became less active after working 10 hours a day.

### FOR EVERY CHAMPION A STORY

It all changed for me when I went on a family vacation in February 2012 and saw photos of what I actually looked like – not how I thought I looked in my mind. The first Monday back from vacation I dedicated to working out and eating healthy.

I started by making realistic and achievable goals – run a 5K, lose one to three pounds a week, no more soda or eating out with my husband. And not buying chips and chocolate! Another added bonus was my migraines happened less than once a month (I got them about once a week).

My advice to someone starting on a wellness journey is even though you have an "oops" during a meal, don't let it ruin your day. Get back on track with your next meal or snack.

Age: 30

Fun Fact: Born and lived in Minnesota for 28 years. And I've never been downhill skiing.

Successes: Ran a half marathon in a little more than two hours.

Rewards: My body and mind started craving exercise. I felt worse when I didn't work out.

Motivation: I saw a picture of what I actually looked like!

Struggles: After working 10 hours a day, all I wanted to do was sit on the couch and watch TV.