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FITNESS COUNCIL ANNOUNCES APRIL WINNER



On Tuesday, April 1, 2014 the Wicomico Executive's Fitness Council announced that Faye Wilson, Ed.D., Parent Involvement Specialist for the Wicomico County Board of Education, received this month's Award of Excellence in recognition of her significant lifestyle change through nutrition and exercise.

Dr. Wilson shared that her decision to make a lasting lifestyle change stemmed from her family's history of diabetes, high blood pressure and cancer.

"I knew that being overweight and not exercising was a huge health risk," Faye said.

She started "the journey" to good health in December 2012. Wilson credits following NutriMirror to help her get started. It teaches members that nutritional balance is the key to better health. Dr. Wilson also participates in the LifeStyle Balance 16-week program offered through the Wicomico County Health Department. Certified Lifestyle Coaches lead weekly educational sessions on healthy eating and physical activity, monitor participants' weight loss, and provide individual support and coaching.

"I've lost about 40 pounds," Wilson said, "I feel much better, much stronger and much more alert."

Brenda Williams of the Wicomico County Health Department commented, "What a motivation Faye is for other participants in the Lifestyle Balance program. She is always willing to share and give ideas. She's just fabulous."

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