



## Susan Aberg Wellness Ambassador

Office of the Vice Chancellor for Research

*Susan Aberg has served as a passionate Wellness Ambassador for faculty/staff programs for several years. We recently connected with Susan to learn what has kept her healthy, motivated and how her role has had a positive impact in both her work and home life.*

### **Why were you interested in becoming a Wellness Ambassador?**

For my own health and wellness. By helping others across campus, I can also educate myself. It's true, it's a win-win situation!

### **What has been your favorite part about being a Wellness Ambassador?**

Knowing my numbers and meeting others interested in motivating each other concerning health related matters. The workshops and get-togethers are awesome, too!

### **Can you tell us one thing you have done as a part of your Wellness Ambassador role?**

Increased participation in yoga and circuit training in my building, encouraged others to participate in walks and exercise off site after work, and lost over 15 lbs this year alone utilizing the Sugar Savvy presentation and other pertinent nutritional information gleaned from being an Ambassador.

### **What are your personal wellness goals for this year?**

Lose and keep off another 25 lbs and feel younger, live longer, sleep better, think smarter.

### **What do you hope to accomplish as an ambassador this year?**

Reduce my numbers and meet others to help me maintain my health goals. As an inspiration to others, hopefully more of my colleagues and friends across campus will do the same.

### **Anything else you would like to share?**

I have a compelling story to tell about being an athlete, having a life-changing injury, and -- through work fit, determination, and being the Wellness Ambassador -- coming back and reclaiming my sense of athleticism. Now I have the courage to talk about my struggles to be more fit, get stronger, and commit to an active lifestyle I once took for granted before my 35 foot fall while on vacation on a hiking trail in Kauai in 2006.