

Inspiration from Carla

By Jaimie Verbal, Student Wellness Assistant

Meet Carla Moyer. Carla grew up in California surfing the waves of Southern California. After graduating from Texas A&M with a degree in marketing, Carla eventually moved to Michigan, which she calls her “new home.” For the past eight years, Carla has worked in the Hekman Library, where she presently serves as Head of Access Services.

When this mother of 3 became an “empty nester,” her life began to change. Carla began noticing a lack of energy, and her overall health and wellbeing was starting to deteriorate. Growing up, Carla was a cheerleader and did some modeling as well. She knew what it was like to be excited and passionate about life so losing her energy and enthusiasm really concerned her. This is when she decided that she needed something new...something better. She knew that in order to feel better she needed to make some changes.

That change came with the help of *Healthy Habits*. On October 30, 2013, Carla joined the year-long *Healthy Habits' MyChoices* program. This “small step” turned into an enormous leap for her wellbeing. Not only was she able to change her life mentally, she also improved spiritually, physically, emotionally, and nutritionally...the whole package. It took time, but as the weeks passed, Carla began to see and feel a real difference. She dropped weight, started feeling more energized, and gained back the outgoing personality that she thought she had lost! To top it off, all of the health issues that she had before *MyChoices* completely vanished. Prescription medications became a thing of the past. Carla's asthma disappeared, she no longer had high blood pressure, and she felt great! Carla declared, “I have rewound the clock and added years to my life!”

When asked about goals that she set for herself, she said, “It was never about the weight. I wanted to feel stronger, be more energetic, and live healthier.” The weight loss was just an added benefit that came with the hard work of changing her daily routine. She redesigned her refrigerator and kitchen cabinets by stocking lots of healthy foods at eye level. The farmer's market and organic shopping became a habit for her, and she began being intentional about planning meals. For snacks Carla now cuts up vegetables and fruit and stores them in her purse, car, and even her desk at work. She went from doing no exercise to creating a regular routine and finding places to get that cardio experience. Now she feels she can accomplish just about anything.

Looking back, Carla believes that having a network of people is essential. She loved all of her *MyChoices* coaches. They were a huge part to her success, along with four other co-workers who participated in *MyChoices*. Carla was also encouraged by *Healthy Habits* activities, such as yoga and balls & bands classes, as well as challenges such as, “Hold It for the Holidays,” and “Weight til December.”

Carla has been an inspiration to others. When asked what advice she would give to someone struggling with lifestyle-related health issues, she said, “Just start making changes. Do the best that you can every single day and never quit. Stay clear of the enemy from the previous day and surround yourself with a people who will hold you accountable and encourage you to keep going.”

The most exciting thing about Carla's lifestyle change she said, is in the knowledge. She now knows what is good to eat and how much nutrition effects your entire body. Her knowledge has inspired her to positively influence her family and friends to make changes for life long vitality. She is thrilled to see her energy return and in her spare time is writing a memoir and working on filmmaking. Carla has come so far and continues to set new goals for herself. She is inspirational. Keep up the great work, Carla!