



1 year,
1 plan,
1 mission

A
**HEALTHIER
You!**

BY SARAH WEIHERT
Family & Friends staff

Imagine being in the worst shape of your life. You are tired every day, feeling slow and sluggish, have pre-diabetes, high cholesterol and high blood pressure plus other chronic conditions like joint pain. That was Joan Feilbach. Joan says she had struggled with weight her whole life until she was offered a spot in the One Wellness program.

Watertown Regional Medical Center says, "Give us a year. We'll change your life ..." Their One Wellness and One Flex programs are designed to do just that, change the lives of the individuals who join them.

Joan said she tried many diets and walked for exercise. "I had no idea what I was missing until I joined this program."

A year ago Joan was out of shape and started to have a lot of joint pain she couldn't explain.

"I sought out the help of two different types of doctors for my fast onset of joint pain," Joan explained. "Their answer always revolved around some sort of prescription drug but the pain continued. I had no energy and was tired all the time, so basically I was miserable and was so unhappy with how I felt. Deep down I knew my weight was partly to blame."

Joan said she was taking more prescription drugs than she had in her entire life.

"I knew something had to change but I kept putting it off." She was given the chance to join the One Wellness pro-

gram in May through her employer, Watertown Regional Medical Center.

"It came as quite a shock that I was being offered a chance to belong to the One Wellness program," she said. "They selected a group of employees who were at high risk for health problems due to the lab results and BMI screenings they had done as part of our health insurance screening."

Joan said it was the push she needed to get back on track with her health.

Terri Ziebell joined the One Wellness program with her husband, Jim, at the same time Joan did. "It's great because my husband and co-workers are going through this as well," she said. Terri also works at the hospital. "I've found that it's been instrumental having Jim in the program. Since he prepares many of the meals for our family, he's been able to incorporate everything we've learned up to this point. It allows us to set a good example and hopefully prevent our children from facing future issues."

One Wellness program participants are closely monitored for a year in which time if they commit fully to the program they will be able to change their lives for the better by not only losing weight but improving their overall health.

Many people start the One Wellness or One Flex programs with all kinds of health problems and on many types of medication for serious illnesses including cardiovascular disease, diabetes, high blood pressure and more, and finish the year on no medication and with fewer medical problems.

One of the main goals for many people when they start the program is to lose weight, but fitness specialist Shane Brown says losing weight is only one benefit of the program.

"People come because they want to lose weight but working out also solves health problems," he said.

There is no reason for people to not make the change in their life.

"We have heard all the excuses but we are here to solve those problems ... Why shouldn't people do this?"

According to the Centers for Disease Control and Prevention, more than one-third or 78.6 million U.S. adults are obese. Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer, some of the leading causes of preventable death.

Those obesity-related conditions in 2008 cost in the United States about \$147 billion. The medical costs for people who are obese were \$1,429 higher than those of normal weight.

When the program starts, participants have a medical and physical consultation to determine what areas they need to work on. They see Dr. Rebecca Gallagher to help determine a plan just for them. Different labs and tests are done during the screening. At six months another screening is done to evaluate the progress of participants.

"There are so many products that are marketed out there that are complete garbage," Brown said. "We have a proven track record of helping people."

Joan said joining the program is the best decision she has ever made.

"It's a lifestyle change. You learn how to do things the right way and learn to eat right. You miss it when you get off track."

Terri said the program has been great because she had knee problems before the program and Brown designed a workout so that she could work within her limits.

In just six months Joan and Terri both have lost a significant amount of weight and improved their health. Joan has lost 35 pounds so far and says her blood

Opposite page: Joan Feilbach and Terri Ziebell lift weights as a part of their workout.

SARAH WEIHERT/Family & Friends

pressure is almost back to a normal range. Terri says she has lost 30 pounds.

The One Wellness and One Flex programs are designed to take the guesswork out of fitness and nutrition.

The fitness part of the program is unlike anything Joan has done before.

"I never thought I could do strength training but this program makes it possible. Gyms always looked too complicated and I wasn't sure I could figure them out, but this program was so easy to follow and I enjoyed going to the gym from day one."

One of the ways the team takes the guesswork out of the program is through the use of technology and a device that is worn by participants to keep track of their moves and exercises throughout the day.

Terri said, "Shane gives you a personalized training program to follow. Each program concentrates on different areas. One day it might be upper body, another day lower body and another day cardio. I like having a variety and checklist of exercises to do. There is also so much encouragement from other current and past One Wellness participants in the gym which makes you look forward to working out."

When members come to the gym to work out they plug their device into a kiosk and upload their workout for the day. They then

Continued on page 48



Free Pick Up & Delivery Available

Family Owned & Operated Since 1990!

Complete Auto Service
 Wheel Alignment • Shocks • Brakes • Struts
 Air Conditioning • Suspension • Oil Change • Tune Up

GOODYEAR  **DUNLOP**  **KELLY TIRES**  **COOPERTIRES**

ASE Certified Technicians • Nationwide Warranty • National Accounts Welcome

Customer Service Is Our Top Priority!

Goodyear *Ask about 6 months no interest	American Express	Discover	Visa	MasterCard
--	------------------	----------	------	------------

Johnson Creek
 I-94 & Hwy 26
 855 Linmar Lane
 Johnson Creek, WI
920-699-2576



Mon-Fri 7am - 6pm
Sat 7am - 1pm

www.jandtire.com

Watertown
 Hwy 16
 N552 Boulder Road
 Watertown, WI 53098
920-206-4444

follow the directions on each machine. The device even tells the individual which exercise to do next. At the end of the workout the device is placed back into the machine and shows the day's progress.

"We take the guesswork out of it," said Brown. "We tell people exactly what to do."

The device and technology also allows people to work out with the team's guidance away from the gym at Wellness Works. Individuals can use their smartphone to follow their workout step by step from wherever they are. These flexible options are a part of the One Flex program.

Brown said he can see the progress of everyone in the program by their use of the app and the device.

Terri said because her husband is there to support her it is easier to stay on track. "We are also there to support each other in reaching our daily exercise goals and food logging."

"We have expectations and we tell people what we expect. Those people who take it and embrace it do great. There are also people who don't apply what we tell them," Brown said.

There is also a high population of people, according to Brown, who are at a healthy weight but don't exercise and eat right.

"It might not affect you today but five, 10, 15 years from now you are going to wish you had worried about it."

The gym at Wellness Works is state of the art. After the hospital remodeling project last year, Wellness Works got a brand new look and new workout equipment, which is the same as the type of equipment used in the Olympic Village.

Participants are also coached about their nutrition and log what they eat every day on their phone, computer or other device.

"It's a pretty powerful combination when we put it all together," Brown said.

Brown said more and more community members are joining the One Wellness and One Flex programs.

"We are seeing that growth happen pretty quickly."

Participants' plans are based on what they told the team they want to achieve.

"You are not muddling around. We want everyone to feel like they are having a one-on-one every time they work out," Brown said.

After the yearlong journey, members of the fitness group are encouraged to stay in either the One Flex program or join the medical fitness program.

"We still want people connected. We want people in One Flex," Brown said.

Currently there are about 100 people in the One Well-



Fitness specialist Shane Brown guides Joan Feilbach on how to use a stretching station at Wellness Works.

SARAH WEIHERT/Family & Friends

ness program.

This program offers the chance for people to work with a top-notch medical team to allow them to address all of their health concerns.

Gallagher said the reason she wanted to start a program like One Wellness is because in her medical practice she never had enough time to treat the root cause of some people's problems.

Gallagher, along with Brown and a dietitian, got together to form a curriculum.

Gallagher said a lot of different types of people start the program including those who are sick of being on medicine or are tired of trying to figure out all the different types of diets all on their own.

"People come for different reasons, but I think once and for all people really want to tackle their health problems," Gallagher said.

This program provides participants with a highly professional team.

"Anyone who is successful always has a coach and someone to support them."

Joan agreed, saying her daughter has been her biggest supporter through the process.

"She helped me go through my kitchen the week before the program started and help me clear out all the unhealthy food in my house and then proceeded to take me shopping and showed me healthy things to buy and how to read labels better."

She said at first it was hard to adjust to a new way of eating but with the help of a dietitian in the program it slowly became easier. She learned to cook new foods and have fun doing it, she said.

The classes with Liz Smyczek, a registered dietitian at the hospital, have been very helpful, Terri said.

"The classes with Liz are great because she always provides a healthy, tasty snack for us to try which has

been one of the best ways to learn about healthier ingredients for cooking at home. She encourages small changes such as adding one more fruit and/or vegetable. Eventually, eating those fruits and vegetables just becomes normal."

Just because Gallagher is a doctor doesn't mean she hasn't had fitness challenges of her own.

"I really struggled with my own fitness until working with my team. Even I have to have the help of other experts."

Gallagher said it wasn't until she started working out that she was able to get off of a variety of pills and improve her health in her 20s.

"I have to practice what I preach. I was able to get off of medications by changing my lifestyle."

Joan too hopes to be off of some of her medications in the next several months of the program.

"Six months into the program I have lost almost 35 pounds and I have so much energy," she said. "And the pain I was feeling a year ago is pretty much gone. Plus my blood pressure, cholesterol and blood sugars have decreased and I hope by the end of the program I can go off or reduce some of the medication I'm on."

The program, Gallagher said, is something you can do for you.

"It's an investment in your health, do something now your future self will thank you for."

Terri said, "I'm very fortunate to be a participant in this program. It's provided me with valuable information and guidance toward making changes that will last a lifetime."

Joan said, "I can't say enough good things about the One Wellness program. All the team members are in it to help you gain control over your life and health. It will be a yearlong journey that will change my life forever."



WEPCO Printing

MAKING GREAT IMPRESSIONS SINCE 1852

Business Cards

Design and set-up all included in our everyday low pricing. **500 FREE with coupon below!**

SEE WHAT WE CAN DO FOR YOUR BUSINESS



Posters, Signs & Banners



Pens, mugs, T-shirts & more. **Call for a FREE Quote!**

Copies, Digital & Offset Printing



For any occasion or event. Design and set-up all included in our everyday low pricing. **Quantity Discounts!**

Booklets

Fast turn around on quantities Large and Small. **Call for a FREE Quote!**

500 FREE Business Cards

When you purchase 500 at our already low price!

Limit one coupon per transaction. Cannot be used in conjunction with any other offers or coupons. Expires 3-31-15

20% OFF Entire Order

Limit one coupon per transaction. Cannot be used in conjunction with any other offers or coupons. Some Exclusions. Expires 3-31-15

CLICK www.wepcoprinting.com CALL 920.261.5711

COME BY 108 S. 6th St. - Watertown