Meet

# Wellness Champion

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ROYAL TRANSPORTATION




**How long have you been a Wellness Champion?**

2 years

**Why did you become a Wellness Champion?**

I was recommended for Wellness. I really became interested when I realized how I can contribute to someone else's well-being while trying to focus on your own. You realize that life is not all about you and you get more satisfaction out of life if you can make someone else happy.

**What activities are you doing with your employees this year to keep them engaged?**

We kicked off the Wellness with the Gardening Club which was a great success. I like to do a lot of activities with our employees but social distancing is hindering a lot of social gatherings. I am determined to come up with a lot of other ideas to make this year a success!

**How do you keep yourself healthy?**

I normally try to eat right, a lot of walking, and consume a lot of water. I try not to eat after 7pm.

**Any additional comments or words of wisdom to share with other employees?**

Wellness is about overall health - inside and out. It is not about the number on the scale. The hardest step is the first one, but once you take it, you will feel so much better!