

Superhero Family!

Becky Werber from Lincoln County Healthcare

Two years ago, Becky decided to give up smoking after 23 years and succeeded. It was hard, but she really wanted to stop. She had been getting winded just walking to meetings at the hospital.

A year later, after a vacation, Becky saw pictures of herself and her husband, and she wasn't happy with the way they looked. So with the same tenacity that she used to quit smoking, she started walking. Her goal was to make it to the end of her road four miles away. She joined Weight Watchers and started exercising with her son at the gym. She paid closer attention to the food she was eating and started preparing foods with healthier items for her family. In one year she has lost 40 pounds, her husband lost 30, and her two sons lost 20 pounds and 100 pounds. That's almost 200 pounds for one family!

This year when she and her husband went on vacation, they felt great. They swam a lot and walked and ran on the beach. "I feel so much better," says Becky. "I am so proud of all of us."

On the lookout for Superheroes

If you would like to be a Superhero in our upcoming 2011 WOW! calendar or would like to nominate a co-worker, please contact Nicole Cooley, WOW! Program Manager, by e-mail at coolen@mainehealth.org.

