



2008
William M. Kizer

Light of Wellness

Healthy Behavior Award Winner

Darin Jensen

Creighton Department: Research and Compliance, Grants Administration

On June 20, 2007, Darin Jensen began the HMR weight loss program at Alegant Health. Over the course of a year, he lost 86 pounds. Darin uses his lunch hour Monday through Friday (meetings permitting) to use the Kiewit Fitness Center on the Creighton University campus. Additionally, he takes a weight lifting class at the YMCA, walks two miles every day with his lab, Hugo, and takes Tae Kwon Do two hours a week.

His exercise regimen is supplemented by eating a nutritional diet that includes 10 servings of fruits and vegetables per day. All of this has led to Darin's waist being 12 inches smaller, his jacket size went from a 54 to a 48, his neck shrunk an inch and his knees don't hurt anymore. Darin still has 30 pounds to go and is using Weight Watchers and a more intense exercise program to help him reach his final goal.

His example has led to two other people associated with Creighton to join the HMR program and they have lost more than 100 pounds combined. He often talks about losing weight and staying motivated with people. Darin plans on "trotting" in the Corporate Cup Run this fall. He's never competed in a race and just wants to finish. Darin is an inspiration to the entire office to exercise and eat well!! *Congratulations Darin!*

**The Wellness Council gladly recommends Darin Jensen
for the
2008 William M. Kizer Light of Wellness Award,
Healthy Behavior Category.**

