



2008
William M. Kizer
Light of Wellness
Healthy Behavior Award Winner
Jan Maloney

Creighton University Department: Affirmative Action Office

When Jan Maloney first began working in the Affirmative Action Office, she was ... well, to put it bluntly ... a tad overweight. She openly admitted that her eating habits were not the best, and it was clear that she was not in the best physical condition. She walked slowly and often seemed to be tired and run down.

Several months ago, Jan experienced some health problems that made her realize just how out of condition she was. With her doctor's consent and encouragement, she began a strict diet and exercise program to reduce her weight and improve her overall health. And what a job she has done! To date, she has lost over 35 pounds and has trimmed down significantly. In addition to modifying her diet, she works out every day at the fitness center. Her exercise regime includes walking at lunchtime and after work (as much as four miles a day) as well as aquatics and yoga classes, again after work.

Jan is an inspiration to us all. While the rest of the office snacks on cookies, candies, and other munchies throughout the day, Jan remains committed to her diet. Even at birthday parties and other office celebrations, Jan always opts for the fruit and not the pastries.

No only does Jan promote good health by example, she gladly talks to others about the changes she has made in her life and offers suggestions on how they might make improvements in their own lives. She actively seeks out books and websites about healthy living and shares what she has learned from those sources with her co-workers.

In a very short time, Jan has succeeded in redefining who she is and how she lives. The changes she has made have visibly improved the quality of her life. More importantly, they have made her a happier, more self-confident, energized person. She is an outstanding role model and well deserving of recognition for her accomplishments. ***Congratulations Jan!***

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

