

Wellness Wednesday

Recently I had the pleasure of listening to an account from Ned Hirt, Director of Human Resources, on his health and wellness struggles and accomplishments over the past year. I would like to take this opportunity to share his story with you.

Ned began explaining the events that led to his lifestyle changes by recalling “not feeling well” in 2015. He decided to seek medical attention and discovered that he was experiencing high blood pressure. As a result, he was referred to Urgent Care. Now, realize that in the medical world high blood pressure is also called “The Silent Killer.” This is due to the fact that this medical condition can lead to other serious medical complications, such as stroke. Untreated, it can be deadly. Ned was lucky to have caught this condition before it was too late.

During Ned’s medical follow-up, he was given his options for treatment: medication or modification in diet and increase in physical activity. Ned, not being a person who enjoys taking medication, chose healthy lifestyle changes.

Ned started with exercise for short periods of time on a regular basis. He decided to commit to participating in all of the Lexington Wellness Challenges. Ned explained that the Challenges helped keep him focused and motivated.

Now he not only exercises at least five times a week, he also takes the time to be careful about what he eats. Ned said he is reading food labels at home as well as at work. Even at the Kingsboro Catering cafeteria, he has enlisted the help of the employees to review labels of items he purchases there in order to allow him to make the best possible choice for his needs. I am sure they would help anyone with finding out nutritional information if they were asked!

I also understand that Ned has invented what I heard him refer to as “speed golf.” To play, push your clubs while jogging the course in between shots!



So let’s get back to the purpose of it all: high blood pressure. Ned is able to say his high blood pressure is significantly lower that it was before and he has lost weight. Overall, he has a much better outlook on life and his clothes fit better. Ned has said that he is experiencing a great feeling of satisfaction.

He expresses sincere gratitude for the Lexington Wellness program and the tools made available to him such as resource material, food log, exercise planner, weight log and engaging activities, such as Challenges. The CDPHP Lifepoints program has aided, encouraged and motivated him to continue a healthy lifestyle.

If you have ever pondered making a healthy lifestyle change, know that supports are just at your fingertips and a phone call away. Take advantage of the resources provided free to you! For example, the “Couch to 5K” program is currently going on. This is a great way to get in shape and socialize with your co-workers!

We wish you and your families long, healthy, happy lives!

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