

Wednesday, April 27, 2011



A special thanks to the employees who shared their success stories with us...

"I was late for the walk on April 27th, but I parked my car at the Springer Building and walked to the main building. Shocked is the only word I can say. I am asthmatic and have had a rough winter with my breathing. I know that is no excuse, so I had stopped walking too far but I am very proud of myself because I walked the path everyone took for the walk. I didn't even need my emergency inhalant, only water. I felt refreshed and ready for work. Walking is the best for my heart, arthritis and mind. I have continued to take my breaks to get away from the office and my computer and go outside even just to walk around the parking lot. I have asked my co-worker to join me and she will see what a difference it makes. Especially, when you are feeling stressed or overwhelmed to just take your mind off of work for even 15 minutes."

- **Mary C. Williams, Account Specialist with DHSS- Delaware Psychiatric Center**

"My co-worker Susan Maldonado and I took a walk outside during lunch today to celebrate National Walk at Lunch Day. We walked for 20 minutes around the DelDOT Dover Administration Building. Afterwards, we both felt great for exercising and refreshed from the cool breeze and sunshine. I plan on walking 20 minutes, 3 days a week. Thanks DelaWELL!"

- **Sarah E. Criswell, Project Engineer with DelDOT**

"A co-worker and I walked during our morning break for 15 minutes and then I walked on my lunch hour for about 30 minutes. It was a nice breezy day to take a walk and I thoroughly enjoyed it!"

- **Dani Tieman, Security Coordinator with Delaware First State Financials**

"We had an event at Delaware State University in honor of National Walk at Lunch Day. About 30 employees/students headed out at 12:15 and walked a 1-mile route around campus, complete with route markers touting the benefits of walking. President Harry Williams led the group and we served fruit and water to participants."

- **Marianne Carter, Director for DE Center for Health Promotion at Delaware State University**

"Thank you Laurel State Service Center for inviting me to attend your National Walk at Lunch Day event! We had a group of about 15 employees that took a short walk together around the surrounding area. After the walk, we all had Subway sandwiches that were generously donated. The day was filled with great energy and team spirit!"

- **Aaron B. Schrader, Health Promotion Coordinator-DelaWELL Program with OMB, Statewide Benefits**

