

Today is the day to take charge of your health and well-being.

Faces of *my*Well-Being, June 2012
Jennifer Conway

What is “Well-Being?”

According to the *Stanford Dictionary of Philosophy*, “a person’s well-being is what is ‘good for’ them. Health, then, might be said to be a constituent of my well-being, but it is not plausibly taken to be all that matters for my well-being.”¹

The *Oxford Dictionary* defines well-being as “the state of being comfortable, healthy or happy.”²

Dictionary.com defines well-being as “a good or satisfactory condition of existence; a state characterized by health, happiness and prosperity.”³

Three sources – three different definitions.

The purpose of “Faces of *my*Well-Being” is to help you define what well-being means for you by featuring Hershey colleagues and their “*my*Well-Being journeys.”

Jennifer Conway, HR Analyst, HR Communications, 19 East

Q: What does “well-being” mean to you?

A: Well-being is a lifestyle. That means committing to taking control of your health by eating the right amount for your activity level, finding creative ways to fit activity into your life, getting preventive exams and properly managing your medical issues.

Q. How has Hershey helped you maintain a state of well-being?

A. I am a Weight Watchers “poster child” thanks to the reimbursement program Hershey offers and attending Weight Watchers At Work meetings. I love the Moderation Nation Walkstations and use them whenever possible. I always take advantage of the free preventive exam and screenings offered through Hershey’s medical plans.

Q: Favorite exercise?

A: My favorite exercise is whatever I can fit into my busy schedule. When I can, I love to go country



Jennifer Conway – (above) using a Moderation Nation Walkstation to fit exercise into her work day and (right) before starting Weight Watchers.

¹ <http://plato.stanford.edu/entries/well-being/>

² <http://oxforddictionaries.com/definition/well-being?q=well-being>

³ <http://dictionary.reference.com/browse/well-being>

line dancing or take ballroom dance classes (I'm still looking for a dance partner). Most of my activity is done creatively – taking advantage of the Moderation Nation Walkstation several times a week, spending the afternoon working standing up at the tables outside the Global Shared Services (GSS) conference rooms, doing my homework standing up at a kitchen cart with my laptop on it, seeing how quickly I can mow the lawn (I call it “power mowing”), doing pushups off my deck railing while the dogs are outside or doing squats while I brush my teeth.

Q: Favorite guilty pleasure food?

A: I am a “whatever-I-want-in-moderation” eater, so I don't deny myself what I like. My favorite splurge is whenever I go to Pittsburgh to visit my grandsons, I take them to Eat'n Park for lunch and we get big breakfasts and a Smiley Face cookie.

Q: Tell us about your “myWell-Being” journey.

A. I have always had to watch my weight, and while I have rarely been thin, no one would have said I was fat either. I always said I was “fluffy.” It was getting harder to lose weight as I got older. I'd lose three pounds and gain five back. In March 2011, at age 47, and following major surgery with complications that restricted my activity for several months, I hit an all-time high weight of 149, and I lived in fear of hitting 150 before I turned 50. While 149 may not seem like a lot, I am barely 5'1” and that put my BMI on the high side of overweight and too close to obese.

The week after the scale hit 149, I joined Weight Watchers and went to the meetings at 19 East with three of my friends and colleagues from GSS – who became my support group. Weight Watchers gave me the tools I needed to finally see the connection between how much I ate and my activity level and trained me to accurately assess portion sizes. After six weeks of meetings, I started exclusively using Weight Watchers' online program. I was almost obsessive about tracking my food and activity points. I learned that when I didn't eat enough, my body went into starvation mode and I'd gain weight. Six months later, I hit what I thought was a stretch goal weight of 125.

Now it is a lifestyle – I mentally calculate my points, automatically measure my portions and know how to adjust my eating for my activity and/or food splurges. I went from a size 11 to a size 4 and have been maintaining my weight loss or slightly under ever since. A memorable post-weight-loss moment happened when my oldest daughter – who has always been the thinnest in our family - wore my size 4 Candies jeans to her 10-year Hershey High School reunion.

More Faces of myWell-Being

Read more employee profiles on the [Faces of myWell-Being](#) page.

How to be a Face of myWell-Being

Would you like to be profiled as one the Faces of myWell-Being or do you have a myWell-Being journey to share? Contact [myHR Communications](#).