



Because *my*Well-Being matters...

## 2013 Faces of *my*Well-Being: Lisa Ricords, 19 East Chocolate Avenue, Global Shared Service Center, Hershey, PA

### What is "Well-Being?"

The Hershey Company defines well-being as "the state of being happy, healthy and/or prosperous." While Hershey provides a definition, the company knows that these states mean something different to everyone.

The purpose of "Faces of *my*Well-Being" is to help you achieve the well-being lifestyle that's right for you by featuring Hershey colleagues and their "*my*Well-Being journeys."

### Lisa Ricords, Senior HR Specialist, HR Delivery Optimization, Hershey, PA

Q: What does "well-being" mean to you?

A: Being well: Healthy, happy and secure.

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

A: Hershey offers me the medical and financial benefits I need to maintain my health and provides me the financial security to do the things I enjoy. I know there is much more out there [that Hershey provides] than I tap into today.

Q: Favorite physical activity?

A: Dancing. *Click on the picture on the right to see a short video of Lisa ballroom dancing.*

Q: Favorite food indulgence?

A: I could never pick a favorite food. That would be like asking who your favorite child is. I like variety, except weird body parts and organs.

Q: Did you play any sports growing up?

A: I hated sports growing up and considered myself generally bad at all of them.

Q: Do you participate in any sports or physical activities now?

A: I dance, ski and bicycle.



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

A. After I had kids, I found in my battle with weight that it comes more easily than it goes. I like to eat and I like to cook. And I wasn't very active. A friend talked me into going for a walk with her at lunchtime around the fitness trail at 100 Crystal A. As we were walking back up the road, I told her to tell my kids I loved them in case I didn't make it back due to dying from the exertion. I've come a long way from there!

My first step was through sheer willpower. I decided to cut back on fats and processed foods. I became more interested in eating good things, and along the way, I discovered and appreciated foods that were better for me. I would rather eat a smaller portion of quality food than a large portion of bad foods.

Loving to eat and cook helps me because I can try more things. Could I make this recipe this way instead and it still taste good? Could I use more fresh foods instead?

Through Weight Watchers and taking advantage of the [Weight Watchers](#)

[Reimbursement Program](#), I got down to my goal weight. Weight Watchers taught me several valuable things:

1. The importance of understanding portion sizes and how to use portion control
2. How some seemingly small foods may have a deceptively large impact, like chicken wings. I love chicken wings. I would have them every Wednesday where I go dancing. How bad could a couple chicken wings be? Very bad! Chicken wings are three points a piece. Ten wings is more than my total daily point allowance. I've learned that I'm just as happy eating my wings in moderation (like two or three), so I can enjoy them, but not so many that it blows my points. I don't have to give up what I like to eat, but learned to eat in more manageable portions
3. How to get back in control when I eat too much or haven't been active enough for how much I have eaten or after a vacation

One of the most positive aspects of my journey has been changing the self- image that I have had since I was little. I always felt uncoordinated. The most exercise I got was a casual walk.



Lisa Ricords, self-proclaimed “foodie,” hitting the slopes at Killington, Vermont, and two of her culinary creations. Left: Spaghetti with roasted-tomato meat sauce and basil mint and pesto on a toasted baguette. Right: Lisa's homemade pizza crusts and assorted toppings (pepperoni for those with conventional taste).

When you get an image in your head of who you are and what you can do, it slows you down. But when you have positive people in your life who encourage you, you try new things, and then you find more things you can do, and it snowballs.

My friend who made me go on the “tell my kids I love them” walk, invited me out for a night of country line dancing about three years ago, and taught me several dances. That got me started dancing. Then I met Bob, who introduced me to ballroom dancing, and we started taking lessons together. Bob is very active, and he talked me into getting a bike and a bike rack so we could ride together. I surprised myself with what I could do. Bob skies and I thought I’d try that too, but didn’t expect to be very good or ever do it again. Turns out I like skiing.

I continue to develop interests like photography because it is good to have things in your life that aren’t always focused on work, family or exercising, but are just for you.

### 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? Faces of *myWell-Being* are needed to share their stories for 2013. Contact [myHR Communications](#).