

VITAL SIGNS: A PROFILE IN BETTER HEALTH



PRESS PHOTO/JOHNNY QUIRIN

Every Tuesday, The Press looks at someone who puts a priority on living a healthier life.

Vicki Wenger

Age: 43

Residence: Coopersville

Occupation: Office coordinator, Grand Valley State University

Biggest health challenge: Finding the time to exercise — and the fact I love to eat.

Exercise routine: I participate in an EcoTrek Fitness class Tuesday and Thursday evenings, and I try to walk 30-60 minutes the other days of the week.

Exercise tip: Keep trying new things until you find something you like. Find an exercise buddy who will help you stay motivated.

Eating plan: I try to follow the Weight Watchers plan as closely as I can, make healthy choices and drink as much water as possible.

Guilty pleasure food: I love cookie-dough ice cream and salty, crunchy snacks.

Favorite healthy foods:

Oatmeal, brown rice, chicken, apples, almonds

Breakfast today: Oatmeal, a hard-boiled egg and a banana

Daily doses: Calcium

Healthy advice: Do whatever you can to get some sort of exercise most days of the week. You will be amazed at how good that will make you feel.

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