More than An Apple a Day

Neresa Mason does a lot of things to stay healthy. She runs. She takes Zumba classes. And she tries to eat right, including an apple every day at work. It’s a habit that her work podmates, Ashley Troiano and Theresa Dorband, have picked up, too.

Other employees have noticed the group’s apple and healthy eating habit, and Mason, a wellness coordinator at Bon Secours Medical Associates, encourages them by example. She also extols the benefits of regular exercise. And she and coworkers filled out their Commitment Cards, consistently log in on BSHSI wellness and participate on the daily challenges, activities and pledge to continue the journey to optimal health.

The pod also takes short exercise breaks regularly. “We take pictures of ourselves exercising, any kind of exercise we can do with dumbbell. We post it on the cabinet in our station. And if the weather is nice, we walk during lunchtime.”

Mason and her pod hope to motivate others into making small changes that can lead to big gains in health, especially during the period to complete a Personal Health Assessment.

“There’s so much you can do,” she said. Get up and go for a walk and try an apple for a snack. As the saying goes, ‘an apple a day takes the doctor away.’ That’s our pod’s motto.”