

## MEMBER SPOTLIGHT

### ***Can changes in healthy behavior make a difference? Read about Gloria's "Why" for a healthy change***

Gloria spent her career working for Cook County as a Cermak Health Services employee. Today, she is raising three grandchildren Jaiden (five), Malik (seven) and Malachia (ten). Although Gloria never imagined she would care for school-aged children in her retirement years, she finds inspiration and joy having grandchildren in her life.



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It was her oldest grandchild, Malachia, who pushed Gloria to quit smoking when the children moved in. "My granddaughter told me I had to stop smoking so that I could take care of her and her siblings," said Gloria. "I just said to myself, these kids are NOT going to be exposed to second hand smoke in my home." *After 47 years of smoking, Gloria is now tobacco free.*

Gloria found her "why" and it is her grandchildren. She created goals and new healthy habits to live her best life in her retirement years.

In addition to stopping smoking, Gloria added walking for exercise to her routine. She lost 50 pounds so far, and lowered her cholesterol by eliminating red meat from her diet. Gloria's goal is to continue her weight loss by increasing her fitness level through exercise.

***We hope you are inspired  
by her achievements.  
What is your "Why"?***