

Thank you co-chair Thompson and co-chair Greenlick, members of the committee. My name is Janet Anderson. I am a 4th generation Oregonian. My Great Great Grandparents came across the Oregon Trail, homesteading in Polk County in the 1800's. I'm currently employed by the State, and I own and manage rental properties in the Salem area, and I am now a personal health coach.

I'm here today to urge the Legislature to encourage citizens of our state to participate in a program that focuses and teaches habits of health for optimal living. I will briefly explain my journey to increased vitality along with my health assessment results. Then explain how the current Health Engagement Model can be enhanced by the Take Shape for Life program.

My entire life I have struggled with my weight. I tried many diets, with very little success. In January, 2011, I was dangerously overweight-obese, in constant pain, and had very low energy. I felt that getting in better shape was hopeless.

I then watched my brother, a lifelong Oregon resident, lose 60 lbs with this nutritional and lifestyle program. With his encouragement, I started my own journey to optimal health with great success.

Today you see me 75 lbs lighter, and at the same weight as when I was 15 years old. I've shed 11 inches of fat from my waist and have maintained my healthy weight for over 4 months. As a State employee I opted to take the Health Assessment and scored 97%. Now that's not bad for a 55 years old, post menopausal women on no medications.

The Habits of Health taught in this program are quite similar to the "health conversations" which is an animated cartoon tutorial State employees are currently encouraged to take as part of the Health Engagement Model. Take Shape for Life takes the next step. This program provides the one-on-one coaching, support and encouragement so many of us need to actually implement these habits to create REAL health in our lives. I ask you to sanction and encourage citizens in our State to participate in this program that promotes and guides people to optimal health for the rest of their lives.

Thank you for your time and consideration,

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Addendum to testimony provided on 2/22/12

In 2011 I lost 75 lbs and 11 inches of belly fat following the Take Shape for Life health program. November of 2011, I scored 97% on my health assessment and do not take any medications.



Which employee do you think is experiencing lower health costs and happier with life?

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