

December Client of the Month

Michele Babcock- WKKF

Professional and Personal Wellness has chosen Michele Babcock from the W.K. Kellogg Foundation as their Client of the Month for December. Michele is a great role model to others in regards to personal health and wellness. She has pretty much always kept up with her personal wellness and has done a great job at it. **“I slacked off a little in college,”** Michele Jokes, but once she got married and started working at W.K. Kellogg Foundation she has created healthy habits and stuck with them. She makes sure she eats healthy everyday and gets in her daily exercise. Michele’s greatest accomplishment so far is finishing two marathons. She had been running half marathons and everyone kept telling her she could do a full marathon, but for awhile she didn’t believe it. She actually never thought she would get past a 5k. But, she decided to take the challenge and is now running full marathons. She is currently training for another one. She is constantly setting goals to keep herself on track. Her weekly goal is to eat healthy at least Monday through Friday. One way she does this is by cooking healthy meals for her family. Michele’s advice to others is to **“do 10% more every week. Don’t kill yourself the first week.”** She said, **“Doug (from Professional and Personal Wellness) told me not to start off doing too much, but I didn’t listen and ended up injured.”** She commented that Professional and Personal Wellness has had an effect on her life by helping her start watching what she eats and getting her interested in fitness classes. Professional and Personal Wellness congratulates Michele and encourages her to keep up the good work!