



***"It takes three weeks to change your habits,
but only one day to change your mindset."***

– Dr. Joseph Barry

*Preventive Medicine Associates/Signature MD
Member of the Crouse Health Network*

Congratulations to our 21 Day Challenge Participants!

If you successfully finish the "21 Day Challenge" and [complete this online form](#),

You will be entered into an ongoing monthly raffle drawing.

Visit www.crouse.org/21daychallenge to learn more.

July 2019

This month's raffle winner is...

Jeanne Celso, College of Nursing

Kelly Martin, Crouse Medical Practice

Goal: Exercise for 20 mins each day.

Result: Challenge complete and will continue every day!

Linda O'Donnell, Human Resources

Goal: Increasing my daily steps

Result: Challenge complete and will continue every day!

Tina Margargal, Surgical Suite/OR

Goal: each day do and complete a item on my wedding to do list.

Result: Challenge complete and will continue every day!

Alyssa Jorgensen, Risk Management

Goal: Drinking at minimum 60 ounces of water a day.

Result: I have been exceeding my daily goal and drinking over 75 ounces of water each day.

Phyllis Radford, Interventional Radiology

Goal: to take better care of my teeth and floss more regularly

Result: This Challenge is good for me. It helps me find the areas in my life I need to improve on and work on them.

Brenda Ginter, Nutritional Services

Goal: to find one thing each day to be thankful for

Result: Challenge complete and will continue every day!

June 2019

This month's raffle winner is...

Nancy Goldacker, Engineering

Kelly Mengel, Human Resources

Goal: Drink more water daily.

Result: Challenge complete and will continue to increase my water intake every day!

Christine Chunko, Crouse Medical Practice

What is one little thing that will help improve YOU? Pick one thing and commit to it for 21 days

Goal: Intermittent fasting.

Result: Challenge complete! I didn't really know what intermittent fasting was prior to trying it, but I have learned a lot and it has helped me a great deal with evening snacking.

Sheilagh Riley, Neonatology 9 Irving

Goal: Drink 16 ounces of water every day.

Result: Challenge complete!

Mary Theresa Geyer, Health Office

Goal: Walk every day and complete 3 miles 4 times a week.

Result: Challenge complete and feels great.

Ashley Haugstatter, Nursing Relations & Retention

Goal: Take the stairs instead of the elevator. Especially from lower levels to the office on the 8th floor.

Result: It's awesome to see an improvement in stamina over time when going up stairs.

Tina Magargal, Surgical Suite/OR

Goal: To exercise for one hour each day.

Result: Challenge complete.

Kelly Martin, Crouse Medical Practice

Goal: To limit myself to one 20 oz. diet soda a day.

Result: Challenge complete.

Betty Strong, Med/Surg 6N Irv Neuroscience

Goal: To meditate every day for 21 days.

Result: It was nice to set a goal and work towards it.

Phyllis Radford, Interventional Radiology

Goal: To do at least 100 stair pushups each day.

Result: This challenge keeps me motivated to find areas of my life I may need to improve on.

Linda O'Donnell, Human Resources

Goal: To stretch daily.

Result: Challenge complete!

Kristin Bidwell, Crouse Medical Practice

Goal: To drink a gallon of water daily.

Result: Challenge complete!

May 2019

This month's raffle winner is...

Sally Campbell, Employee Health Office

Sarah Feliu, Crouse Medical Practice

Goal: Not to drink any soda.

Result: Challenge complete and will continue every day!

What is one little thing that will help improve YOU? Pick one thing and commit to it for 21 days

Kim Lee, Crouse Medical Practice

Goal: Walk up and down the stairs

Result: You never really know how out of shape you are until you have to climb a couple flights of stairs. I will say after doing this challenge my knees are not as bothersome as they use to be! I am up for a good challenge and this sure was one!!

Maudie St. Denis, Commonwealth

Goal: Go to bed no later than 10 PM every night.

Result: It was a struggle at first going to bed an hour earlier than normal, however, it has now become a routine and I feel better. This is something I definitely will continue.

Tina Magargal, Surgical Suite/OR

Goal: Exercise for an hour each day.

Result: Challenge complete and will continue every day!

Ryan Barker, College of Nursing

Goal: 45 minute metabolic workout weekdays and healthier eating every day.

Result: I'm involved in a workout and diet plan that will definitely help to create a healthier me.

Linda O'Donnell, Human Resources

Goal: Read sodium content on food labels and cook without adding salt.

Result: Challenge complete and will continue every day!

Nancy, Engineering

Goal: Increase water intake by 12 oz per day.

Result: Challenge complete and will continue every day!

Rachelle Hopkins, Pharmacy

Goal: My goal to loss at least 2 pounds a week.

Result: Challenge complete and will continue every day!

Janyl Jones, Commonwealth

Goal: Take a multi-vitamin.

Result: With significant dietary changes and the plan to start a family, I thought it best to start a multi-vitamin. I have never been able to "get in the habit" of doing it daily but, I completed my goal and intend to continue.

Lori Griffin, Executive Administration

Goal: To not use my employee badge to purchase anything in the hospital.

Result: This allowed me to be more accountable for what I was spending and reduced impulse purchases. I will continue this habit.

April 2019

This month's raffle winner is...

Maudie St. Denis, Commonwealth

Janyl Jones, Commonwealth

Goal: Eat keto diet foods.

What is one little thing that will help improve YOU? Pick one thing and commit to it for 21 days

Result: I lost 12lbs since starting it in January. I plan to continue but periodically switch to a healthy diet for a week or two every few months.

Maudie St. Denis, Commonwealth

Goal: The goal was no chocolate and to be kinder than necessary to all.

Result: I will continue to be kinder than necessary that includes not only to humans, but to animals and our environment. To be honest, I will have chocolate at the end of the Lenten season, but limit the intake in the future. I enjoy participating in the 21 day challenges, it allows me to work on becoming a better me.

Kristie Smith, Pharmacy

Goal: No fast food.

Result: Challenge complete and will continue to do regularly but not every day.

Tina Mohn, Care Coordination

Goal: No soda or carbonated beverages.

Result: Challenge complete and will continue every day!

Kim DuBois, Interventional Radiology

Goal: Putting my phone away at work, trying not to be on it as much.

Result: Challenge complete and will continue every day!

Tina Margargal, Surgical Suite/OR

Goal: Drink 8 - 12 oz. glasses of water per day.

Result: Challenge complete and will continue every day!

Nancy, Engineering

Goal: To add an extra fruit/veggie each day.

Result: Great way to give me friendly reminders to be a bit healthier!

Phyllis Radford, Interventional Radiology

Goal: Pause twice a day to acknowledge at least 5 things I am grateful/thankful for.

Result: Challenge complete and will continue every day!

Kim Lee, Crouse Medical Practice

Goal: Park further from the entrance

Result: Challenging yourself for 21 Days is a great way to motivate yourself!! I have been parking on the 4th floor of the garage and walking down to the entrance on my way into work and on my way out to my car at the end of the day! Very simple, enjoyable and it feels good to start your day fresh and to walk off some of the stress of the day!!

Christine Chunko, Crouse Medical Practice

Goal: Walking from car in garage to door, no stairs, no elevator.

Result: I stopped using the elevator last year and have been using the stairs, feels better and I am getting more steps in.

Sally Campbell, Employee Health

Goal: Walk 2 miles a day - 5 days a week or more.

Result: Challenge complete and will continue to do regularly but not every day.

Roland Caver, IT Technical Support Specialist

Goal: Lose weight; cut back on carbs.

What is one little thing that will help improve YOU? Pick one thing and commit to it for 21 days

Result: Lost about 20lbs since starting. I feel good.

March 2019

Deborah Patterson, Ostomy

Goal: Eating right to promote weight loss.

Result: Joined weight watchers to help achieve goal. Working out well.

Alicia Heneka, Neonatology 9 Irving

Goal: Start Keto Diet – no sugar or carbs

Result: Challenge complete and will continue every day!

Kecia Maas, Perinatal 8 Irving

Goal: Daily meditation for at least 10 minutes

Result: Challenge complete and will continue every day!

Peaches Edwards, Patient Access

Goal: No coffee.

Result: Challenge complete and will continue every day!

Phyllis Radford, Interventional Radiology

Goal: Spend more time in prayer and meditation

Result: I feel starting my day with prayers and meditation helps me to strive to be a better person.

Tina Mohn, Care Coordination

Goal: Taking the stairs instead of the elevator at least once a day.

Result: The west tower elevator was down all day on 3/1/19, since a new challenge was starting I decided I would continue taking the stairs. Since I have no stairs at home, I park farther away from a store so I walk more. I plan to continue.

Linda O'Donnell, Human Resources

Goal: Increase number of steps taken and adding in aqua aerobics

Result: Challenge complete and will continue every day!

Tina Margargal, Surgical Suite/OR

Goal: Complete an hour and fifteen minutes of exercise.

Result: Challenge complete and will continue every day!

Kim DuBois, Interventional Radiology

Goal: Floss everyday

Result: Challenge complete and will continue every day!

February 2019

Helen Bain, ICU

Goal: 5 miles of stepping every day. My Fitbit says 2400 steps in 1 mile because of my stride

Result: Challenge complete and will continue to make and achieve little goals.

Jeanne Celso, Admin at the College of Nursing

Goal: Drink 3 Nalgene's of water per day (3L)

What is one little thing that will help improve YOU? Pick one thing and commit to it for 21 days

Result: It was definitely not easy, there were some days where I chugged half a liter of water RIGHT before bed to meet my goal but I did it and my skin is so clear and hydrated because of it!

June Edwards, Patient Access

Goal: 95-100 fl oz water

Result: While working toward achieving one goal, I decided to start on another at the same time!

Nancy Goldacker, Engineering

Goal: To not take the elevator at all, to use strictly stairs - up & down!

Result: Challenge complete and will continue every day!

Janyl Jones, Commonwealth

Goal: Eat Better & Cut Down on Carbs

Result: I plan on continuing to eat better and consume less carbs as I work to transition to the Keto Diet in March!

Kim Lee, Crouse Medical Practice

Goal: Giving Up Diet Soda

Result: Some days were harder than others! Drinking flavored sparkling water helped during this process!! It's not so bad after all not drinking soda! But I can say there were/are days that I do miss it!

Tina Margargal, Surgical Suite/OR

Goal: To walk or exercise for 1 hour

Result: Challenge complete and will continue to walk/exercise!

Kim Mineker, Communications

Goal: To log every single thing I ate to help me work towards my weight loss goals

Result: During those 3 weeks, I lost 7.6 pounds!

Linda O'Donnell, Human Resources

Goal: Walking and increasing steps.

Result: The challenge keeps me motivated; I like the challenge.

Ngoc Pham, Clinically Integrated Network

Goal: Drink more water.

Result: Challenge complete and will continue every day!

Phyllis Radford, Interventional Radiology

Goal: To drink more water

Result: This was a good goal for me. I am not good with my water consumption. I was apprehensive that I would not be able to do this. As time went on it got easier.

Kristie Smith, Pharmacy

Goal: 100 squats daily

Result: Challenge complete and will continue every day!

Maudie St. Denis, Commonwealth

Goal: Limit sugar intake and drink more water

Result: There seems to be sugar in almost everything, so it is hard to avoid, but I did not add any sugar to anything and stayed away from sugary stuff. I also increased water intake.

What is one little thing that will help improve YOU? Pick one thing and commit to it for 21 days

January 2019

Kim Lee, Crouse Medical Practice

Goal: To do 25 squats a day for 21 Days!! Then to bump it up by 5 each week until my 21 days ended!

Result: I love the 21 Day Challenges they keep me motivated to keep pushing myself each and every day!! I can do this with a positive mind body and soul and with the help from all of my Supporters! Thank you ALL!!

Holly Skiff, Purchasing

Goal: To weigh myself daily and track the results.

Result: Weighing in daily has been helpful in identifying good and bad habits that affect my weight.

Phyllis Radford, Interventional Radiology

Goal: Eat more vegetables.

Result: This has been good for me. It makes me pay attention to what I am eating.

Kim DuBois, Interventional Radiology

Goal: Drink at least 60oz of water a day.

Result: Drinking more water helps me feel less hunger, and it also helps my skin.

Brenda Ginter, Nutritional Services

Goal: To journal every day.

Result: I am surprised that I was able to do this on a daily basis and found that it kept me more in tune to my thoughts, feelings, and struggles. My plan is to continue the best I can to do it daily.

Janyl Jones, Commonwealth

Goal: Drink more water.

Result: Water is boring and has no "real" flavor. So I find it difficult to drink water over coffee. However, I have made an effort to drink more water at the end of the day and I have been successful. I keep a bottle behind my desk, in my SUV, on my night stand, in my refrigerator and in my lunch bag at all times. A little excessive but, it was effective!

Maudie St. Denis, Commonwealth

Goal: To recite at least one positive affirmation per day.

Result: Often times we are not very nice to ourselves, and it really takes a lot of effort to see the positivity in ourselves. Saying just one positive thing about yourself repeatedly throughout the day can make a big difference in your self-motivation.

Tina Magargal, Surgical Suite/OR

Goal: Walking

Result: Challenge complete and will continue every day!

Linda O'Donnell, Human Resources

Goal: To complete at least half mile daily, weight training 4x/month.

Result: Challenge complete and will continue every day!

What is one little thing that will help improve YOU? Pick one thing and commit to it for 21 days