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Q&A with Brenda Hixson

Brenda Hixson, Director of the OBFS Business Solutions & Support, recently sat down with the Wellness Connection to talk about her healthy habits, and a fun community wellness opportunity coming up around the holidays.

Question:

Can you tell me about how you incorporate health and wellness into your professional life?

Answer:

I try to inspire others by encouraging them to be active. For lunch I try to get out of the office setting to clear my mental space and to get some fresh air. Additionally, I frequently ask colleagues to take our shorter meetings outdoors to grab a cup of coffee or just to take a walk. I often find that the change in scenery helps us take a new approach to a subject that we may be having a challenge with. I also make it a goal to take the stairs once a day (100 steps).

Question:

What type of impact do you see in your professional life as a result of incorporating these healthy habits?

Answer:

I find that I am less stressed and when I do get confronted with stressful situations I am better prepared to take on those challenges. Most importantly I find myself with a much more positive outlook on the work which leads to greater productivity.

Question:

Do you have any tips or recommendations you could provide to someone interested in incorporating more healthy habits into their professional life?

Answer:

Be realistic about your health goals. Don't try to take on a challenge too big at first. In the beginning try to concentrate on smaller wins, this approach often leads to greater outcomes in the long run. I'm also a firm believer that if you start the day off with a workout you will take that motivation into your day. It gives you a positive frame of mind the moment you step in the office. Regular physical activity can also impact your perspective on challenges so you don't keep focusing on a situation through the same lens.



Hixson

Question:

Do you participate in any types of health and wellness activities outside of work?

Answer:

I lead an exercise program with 25-30 participants focusing on strength, core, and cardio. I love to run, bike, and swim for fun, charity, and competition. I am most proud of participating in the St. Jude Hospital Champaign to Peoria Run annually.

Question:

Are there any upcoming health and wellness events that you are excited to be involved with?

Answer:

I'm looking forward to the St. Joseph [Santa 5k run/walk](#) on December 21. This is the second annual event, and last year it really got us into the holiday spirit! ■