

# WELLNESS CONNECTION

LIVE WELL. WORK WELL.

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## EMPLOYEE SPOTLIGHT - Misty Lockhart, Assistant Director Investment Operations, Treasury Operations



*By Seth Yoder*

**Q. Can you tell us a little about what you do at the U of I?**

**A.** I work with the Office of Treasury in the Investment Department. I am in charge of investment operations, which includes calculating, tracking, and reporting our investment performance to the board. I am also responsible for the selection of our investment managers and performing due diligence on them to ensure they are keeping up to the standards that we have set for them. I then report this information back to my department. These are just a

couple examples of the operations I oversee in my department.

**Q. Why is health and wellness an important topic to you?**

**A.** My husband and I have five children. I feel it is very important to set a good example of what a healthy lifestyle looks like and what can be gained through a life focused on a healthy mind

and body. Additionally, it helps me so that I can keep up with the day-to-day rigors of parenting five children. While my children may not follow my approach to health and wellness, I believe that if they see the commitment I make towards my goals, in some small way it will rub off on them and help them as they pursue their aspirations in life.

**Q. What are some of the physical and mental benefits you get from your exercise routine?**

**A.** When I exercise it provides me with the energy I need throughout my day. To some, that may sound strange because you would think that exercise would wear you out and drain your energy. That definitely was the case when I first started exercising, but through commitment and consistency, I was able to turn my workouts into fuel for my day. In fact, when I get out of my exercise routine, I can feel my energy levels drop as the day progresses, which motivates me even more to stick to my routine.

In regard to the mental benefits, I would say that my exercise routine has helped me manage my stress and anxiety. Trying to manage work, family, personal schedules, and everything that comes with it can be overwhelming. Taking 20-60 minutes for self-care goes a long way to temper some of the stress and anxiety that will invariably creep up during the day. I am not saying that my exercise routine has eliminated all of my stress or anxiety, but it has certainly helped me control it a little better.

**Q. Why do you approach your diet with a no-diet mindset?**

**A.** I have found that a restrictive diet is not good for me or my lifestyle. I generally follow a routine and eat a lot of the same things on a day-to-day basis, but if there are cookies or ice cream in the house, I am going to eat them. What I see as the secret to my success is not over doing it. By balancing sweets with healthy food options, I am able to enjoy myself and feel good while doing it.

One thing I do recognize is that when I get out of balance, it has a direct impact on my exercise routine. I don't feel as good when I go to do my workouts, and this is a helpful reminder to get back on track. It took some time for me to acclimate to my current diet, so now I just listen to my body and it does a good job of telling me when I am on track and when I need to make a modification. I understand that diet is personal, and everyone has to find the balance that best fits them and their health and lifestyle. That has definitely been the case for me. I have tried a number of different types of diets and now find the no-diet mindset has produced the best results for me. What I love about this approach is that I don't have to think or stress about food as much as I used to and having one less thing to stress about has been such a relief.

**Q. How are you able to find balance between work, family, and your exercise and diet goals?**

**A.** The biggest reason why I am able to find balance between these areas of my life is that I have a very supportive family who understands how important my morning exercise routine is to me and they allow me to have that time. It's also helpful to keep things in perspective. Acknowledging the fact that I am a better wife, mother, sister, and daughter as a result of finding this balance in my life is a big motivator to stick to my goals in all of these areas. I also recognize that it is important that I make time for myself. With so many different hats to wear it is easy to put your own personal needs aside and, in doing so, lose sight of your own needs. I make it a priority to take care of myself first so that I am fulfilled. As a result, I am a lot happier when it comes time to wear all those different hats. It's also important to be realistic and realize that you may not be able to find the time for yourself every day, but you make up for it in other ways like walking the dog with your family or going for a bike ride. The key is that you are taking the time whether it is by yourself or with your family.

