



UNIVERSITY OF ILLINOIS SYSTEM

WELLNESS CONNECTION

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EMPLOYEE SPOTLIGHT - Interview with UI Stride - Know Your System Individual & Team Winners

By Erik Olson

This month Erik Olson sat down with both the 2022 UI Stride - Know Your System individual (Martha Hollins) and team (Money Talks) winners to find out about the secrets to their success. Congratulations Martha and Money Talks!

UI Stride - Know Your System Individual Award Interview with Martha Hollins

Q. You ended the “Know Your System” UI Stride challenge with an impressive score. To what do you attribute your success?

A: I would get up earlier to start my steps, which consists of Zumba (sometimes 2x daily), 6 miles daily (minimum), elliptical, and treadmill.

Q: Do you have one highlight or memorable moment from this challenge that you would like to share?

A: A highlight was meeting new friends while on the journey to living better.

Q: Did you start any new habits or routines during this UI Stride challenge, or did you continue the same habits and routines you had prior to the challenge?

A: YES!!! I started my day much earlier than usual to get the job done.

Q: What advice would you give to other System Office employees who would like to improve their results in the next UI Stride campaign?

A: Don't give up! It's never too late!

UI Stride - Know Your System Winning Team Interview with Money Talks

Members: Abel Cervantes, Maria Cortez, Jim Frantizis, Martha Hollins, Chad Marshall, My Nguyen, Daniel Pelayo.

Q: You ended the “Know Your System” UI Stride challenge with an impressive score. To what do you attribute your success?

A: We had a great team led by our stand-out walkers. This is also our second year on the same team. We all encouraged each other and sent reminders to log steps, stay motivated, stay in movement, have a healthy mind and body, and connect with nature.

Q: Do you have one highlight or memorable moment from this challenge that you would like to share?

A: We held ourselves accountable and stayed current with our logs. One member had a personal record in the Illinois Half Marathon 2022 of 2:14:56 and had been training since January. The UI Stride program helped our team to put extra miles in training and some cross-trained on non-running days. The team was motivated to finish strong, and we were full of excitement as the challenge came to an end.

Q: Did you start any new habits or routines during this UI Stride challenge, or did you continue the same habits and routines you had prior to the challenge?

A: There are a few habits that our members had and will continue, such as reaching 12,000 steps a day, paying more attention to healthy eating and to keep moving. If we weren't very active prior to this, doing these things changed our habits. One of our members bought new walking shoes to keep logging steps during and after the UI Stride challenge.

Q: What advice would you give to other System Office employees who would like to improve their results in the next UI Stride campaign?

A: We feel you should stay committed, hold each other accountable, and have fun. Also, have big, but attainable, fitness goals like walking 10,000 steps a day; sleeping at least 7 hours a night; or changing your diet to less processed foods, less fat and sugar. Sometimes the hardest part is walking out the door, so just put on the shoes and step out, rain or shine. You will always feel better afterward. When bored - move, when stressed - move, when happy – move! Any movement counts. Be consistent! Lastly, champion the efforts of your teammates throughout the entire challenge.

