

WELLNESS CONNECTION

LIVE WELL. WORK WELL.

NOVEMBER 2021

EMPLOYEE SPOTLIGHT - Amy Glenn, Assistant Director for Business Process Improvement for AITS



Amy Glenn

By Seth Yoder

Q. How long have you been a System Office employee and what do you do in your current role?

A. I have been with the System Office for 15 years and I am currently the Assistant Director for Business Process Improvement for AITS. My team leads process improvement and automation projects.

Q. One of the biggest obstacles to developing a workout routine is developing and maintaining motivation. What strategies do you use to get

motivated to work out?

A. To start, I had a workout buddy, and we would use each other as accountability partners. We would coordinate our schedules to attend the same workout classes or go to the gym at the same time. Since I had someone who was expecting me to show up, it became much harder for me to slack off, because I felt like I would be letting my buddy down. As I started to maintain a consistent schedule, it gradually became a habit.

I would recommend to anyone looking to stay motivated and interested in a workout routine to develop a consistent schedule and stick with it for at least a few weeks to a month. Once you have established that routine, it will begin to feel unnatural to deviate from it because your mind and body will have developed certain expectations around that schedule.

Q. As we approach the winter months, it will be easy to lose track of healthy routines we may have developed during the warmer months. What are a few things you do to prioritize physical activities even when the weather gets colder?

A. One of the biggest challenges to workout routines in the winter months are the shorter days. I have worked out at home for many years now and getting out of that warm bed in the early, dark mornings can be tough. If you like to work out in the morning, keep a consistent wake-up time and plan the workout the night before. Set out your clothes and shoes so that you can get right to it. With less daylight in the winter months, plan for a walk in the warmer part of the day - such as over a lunch hour. Getting fresh air is good for your mind and body.

Q. Many System Office employees have developed healthy work-from-home habits during the pandemic. What are some healthy habits you have developed while working from home?

A. My husband and I started walking together right when the pandemic hit in March 2020. It was our way to "get out of the house" and get fresh air at a time when we were stuck in the house. In addition to the health benefits of the walk, it was also a great way to get some uninterrupted time to chat about the day. This was particularly important after being cooped up in the house with kids all day and it is something we have continued to do every day.

Q. How others could incorporate some of these healthy habits into their daily routines?

A. Start small. You don't need to spend an hour working out every day. Find a small space in your home and turn on a workout video from YouTube or follow any type of routine that is appropriate for you. There are many resources for workout videos for your fitness level.

As I mentioned before, another way to incorporate activity into a daily routine is to go for a walk during a break. Start with a walk around the block and gradually increase. It's a great way to get vitamin D during the winter months and boost your mood for the afternoon. The key to incorporating physical activity into your day is to plan and prioritize that time as if it is an appointment/meeting in your calendar.

