



MENTAL HEALTH AWARENESS MONTH 2021

Employee Stories

Linda Polasko | Administrative Assistant
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What's your story?

When the pandemic began last March, I decided to make something positive out of all the fear and loss. I started my journey to lose weight, feel stronger and get healthier. Since March of 2020, I have lost 40lbs and feel unbelievable! Navigating through the pandemic has impacted my life, so far, for the better. I know not many people can say that. My family and I were lucky enough to remain employed and healthy with no loss of life or severe illness. I feel very fortunate and sometimes guilty when I see how others have been impacted. Spending more time at home has taught me to slow down and reset my priorities.

What helped you?

My 40lb weight loss can be credited to daily workouts and counting my calories. I love participating in the UD Zoom fitness classes as well as a community bootcamp on Saturdays. Although our UD classes are virtual, just being able to see my co-workers working hard along side of me has helped my morale tremendously. As a result of watching my calories, I have come to realize that I did NOT realize what I was putting in my mouth on a daily basis. There are so many alternative choices and low calorie recipes that are just as tasty. My daughter has joined me in counting calories and is a pro at coming up with low calories meals. I have enjoyed bonding with her and it keeps me motivated as well!



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