

## Shaping Up at Fellowship Health Resources

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When traveling for work, Pamela Daisey was always self-conscious about infringing on others' personal space. But that all changed after she lost 75 pounds. "Traveling has definitely improved," says Pamela, who is Interim Chief Operating Officer of Fellowship Health Resources (FHR). "I'm able to fit in the airplane seat, and I don't have to use seatbelt extensions anymore. In fact, I even have extra room." Part of Pamela's job at FHR is overseeing the Agency's Department of Health

and Wellness. So when the company began participating in Shape Up Rhode Island three years ago, Pamela says, "I decided it was time to live up to my title. My colleagues really inspired me to get started."

Pamela now walks a mile most days of the week, does 100 crunches daily, and keeps her diet to 1,200 calories each day. She's well on her way to her goal of losing 110 pounds. In addition to Shape Up, she participates in the Blue Cross & Blue Shield of Rhode

Island wellness programs offered by FHR, including a walking program.

"The biggest reward is being able to keep up with my five-year-old daughter," Pamela says. "Now I can help her practice her soccer and t-ball without getting out of breath or having to take frequent breaks." She adds, "I want to be around a long time for her." ■