

# Why Wouldn't I Participate?

Baystate Healthy's recent winner of the monthly raffle drawing for a \$1,000 VISA gift card, **Peggy Paquette** shares her approach to healthy living.

## What is one health goal you've set and met for yourself?

Before I turned 50, I started to see and feel my body changing. I knew if I didn't start incorporating healthier habits at that point, my weight was going to keep moving in the wrong direction. I started exercising and eating better and ended up losing excess weight. It's been 10 years and I've been able to maintain a healthy weight by staying in control of what I eat and how much I exercise.

## What is the single most valuable thing you've learned through the years, as a Baystate Healthy participant?

The greatest value I've gained from this program, is what I call the "awareness factor." It's so easy to take your health for granted. Baystate Healthy reminds me all the time that taking care of myself is important and needs to be a top priority for the rest of my life.

## What is key to your success in overall healthy living?

My husband and I love to cook together and I think that's really my secret "recipe for success". We enjoy searching for new healthy recipes to prepare and eat together. Spending quality time together in a way that also supports our overall health is a really powerful combination.

## What is your biggest motivation for staying healthy?

My family – definitely. They all count on me to be there for them – from a 90 year old mother to a 2 year old granddaughter. If I am not functioning at my best, I can't be there for them in the way I need to be and want to be.

## What keeps you coming back each year, to participate in Baystate Healthy programs?

These programs are here for ME - for all of us, so why wouldn't I participate? As I get older, I am realizing that it isn't as easy to stay healthy as it used to be. So, if I want to stay healthy, I can't skip out on opportunities available to help me do just that. I have worked at Baystate Health for 13 years and I am proud to say that I have participated in Baystate Healthy programs every year!

## How do you plan on spending your winnings?

I am going to treat my loved ones to a daylong family outing! They are the reason I keep myself healthy, so I figured what better way to celebrate my winnings than to share it with them.

**Baystate Healthy**



Peggy Paquette, Baystate Wing Radiology, Patient Service Rep shows off her winnings.

## EARN ENTRIES IN THE MONTHLY RAFFLE!

Does Peggy's success have you motivated to try your odds at winning the \$1,000 monthly VISA gift card? Every program or health activity you complete earns one raffle entry. Plus, once you've earned those entries, they are automatically re-entered into each month's raffle drawing for the remainder of the year!

For details visit, [The Hub>Baystate Healthy>MyHealth Rewards>1,000 Raffle](#)