

## Profile in Fitness

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**Lydia Meacham** is a mere shadow of her former self. And she still hasn't reached her goal! Most people dream of simply maintaining their weight during the holidays but Lydia chose to join a Weight Watcher's program in November 2007. She enjoys the weekly meetings and the approach to a healthy diet and lifestyle. She says the LSC Pedometer challenge came at the perfect time for her since she needed to exercise to continue to weight loss success she was having. Lydia made the Top Ten Walkers list several times! She has an increased energy level and has swapped CJ Banks for Christopher Banks as her favorite clothing store. As of May 1, Lydia has lost 78 pounds! For years Lydia has taken such good care of so many in her service in the Athletic Department. Now it's terrific to see her taking such good care of herself. Continued success, Lydia!