

Healthy Role Model Nomination Interview: Cheryl Juergens
March 6, 2009

1. Do you set specific goals? Broad goals?
Yes, my goal for fruits and vegetables is 10-a-day. I keep count of this by keeping a tally on a calendar every day. I also train for triathlons. I do about 4 to 6 triathlons per year, locally and nationally (USA Triathlon).

2. How long have you been active in your healthy lifestyle?
I competed in my first swim race when I was 5 years old and began to swim competitively at the age of 15.

3. Do you find that making healthy decisions comes naturally to you or is it a conscious effort?
It comes very naturally. I always think about what I put in my body as fuel. Think of your body as a race car; you always want to put the best fuel and oil in the car so that it can operate at full potential.

4. How do you balance work, healthy eating, physical activity, and other personal priorities?
Exercise and eating right are priorities; they just fit in my life and schedule. One of my priorities is not taking the elevator on the weekdays, even if I have to climb to the 6th floor of the Human Sciences building. I also do not park in the front of parking lots, so that I can walk a good distance to my destination.

5. What recommendations do you have for someone who is trying to make improvements in their food choices or physical activity?
Find a physical activity that you enjoy doing. It makes it easier to stick to your goals if you enjoy it. Also, do something or anything physical, even if it is ten minutes. Take the stairs or take a short walk around the building or outside on a beautiful day. I use a three step system to sticking to my physical activity goals: 1.) Schedule a time, 2.) Find a partner, 3.) Write it

down, log, or record it. This is a great tip for people who have a hard time finding the time or being consistent with their goals.

6. What does your typical day of eating consist of? Workout?

I eat small meals or snacks every 2 hours. These meals consist of: cereal with raisins and extra grain, like ground flax, juice, apples with peanut butter, any fruit, granola bars, energy bars or gels (when training), any leftover pasta or pizza, raw vegetables such as carrots or broccoli, or frozen dinners with vegetables.

My training schedule consists of: resistance training with weights for about one hour to one and a half hours for 2 days per week; swimming 2 to 3 days per week, about 2000 to 3000 yards; running 2 to 3 days per week for about 45 to 90 minutes, including intervals and a steady pace; and if at home, I do anywhere from 10 to 45 minutes of resistance training with weights, resistance bands, and exercise balls.

Other Interesting Facts:

Cheryl has a Bachelor's of Health and Physical Education and a Bachelor's in Fine Arts, a Master's in Exercise Science with an emphasis in Biomechanics, and is currently working towards her Doctorate in HDFS (Human Development and Family Studies) with an emphasis in Risk Taking that focuses on people who are physically inactive and who make poor choices.

Cheryl is a very well rounded person and is a very driven and motivated individual when it comes to her healthy lifestyle. She is a wonderful role model to people who want to become more physically active and people who want to be consistent with their goals. Rachel Engler, the person who nominated Cheryl, says that "Cheryl has motivated their entire department to participate in the FIT Tech V Challenge and to live a healthy lifestyle. She is our role model."

Cheryl also has a motto: "Pace, don't race; train to maintain"