

DDRV Wellness Week a success

By Lori Spiegel, DDC Command Affairs

Defense Distribution Depot Richmond, Va. (DDRV), in conjunction with Defense Supply Center Richmond (DSCR), sponsored a Wellness Week last fall, that included a Wellness Assessment through L&T Health and Fitness.

“The immediate feedback on the Wellness Assessment was great and it gave me information on how to change my lifestyle to improve my health,” said Sharon Taylor, a member of DDRV’s Continuing Governmental Activity (CGA). “I really appreciated the written health appraisal and the reading material; it had lots of information and good ideas.”

Pat Anderson, also on the CGA, also commented on the Wellness Assessment saying, “The testing was worth the time. They were well organized and it didn’t take long. I liked the scale that provided the body fat count; it was amazing equipment.”

The Wellness Assessment included a cholesterol test, glucose levels check, and a health survey. Each employee received their own Wellness Report.

Dorothy Henderson, DDRV Transportation, said, “Through my Wellness Report, I’ve discovered ways I can change my lifestyle. I’ve already made a commitment to be more active after work and to eat more healthy foods.”

The desire to change her lifestyle was the result of discovering that the test determined she was “dead.” After she and her co-workers had a good laugh, she was ready to make the needed changes.

In combination with the Wellness Assessment, DDRV sponsored three classes.



DDRV’s Wesley Young leads employees on a one mile “Walk for Wellness” as part of DDRV’s Wellness Week.



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