Let us introduce you to Albert, Principal Construction Inspector, at the County’s Roads and Airports Department. He has worked for the county for about 4 years. And while he has spent much of his lifetime in the construction trade and engaged in a fairly active lifestyle, he had an eye-opening experience after a routine medical exam in his early 40’s.

His eye-opening experience: After the results of his annual exam came back, his physician found that even though he was relatively fit and in apparently good health - he had a problem with high cholesterol. Under the recommendation of his doctor, Albert decided to make lifestyle changes to help address his new diagnosis.

Lifestyle changes: Over a period of several years, Albert lost 40 pounds by improving his eating habits. This included eating a healthy balanced diet and including more foods that improve “good” cholesterol (HDL). An important component is that he prepares his meals at home which allows him more control of the type and quality of the food he eats. Albert recommends menus and recipes from the American Diabetes Association website as they are developed by dietitians and nutritionists. Good ol’ water is his drink of choice since he avoids sugary drinks.

His exercise regimen: Albert’s passion for the outdoors has fueled his outdoor fitness routine. During the week, he power walks 4 miles a day and incorporates a mid-week 30 mile bike ride. On the weekend you might find him scaling steep rocks, hiking 10-30 miles or cruising on a 100km [60 miles] bike ride. Of all that he does, Albert believes hiking is the most beneficial to his health. Albert’s infectious enthusiasm for hiking has also inspired some colleagues at Roads and Airports to start climbing together. In fact, they are all on a journey to climb 15 peaks that are over 14 thousand feet high!

Everyone is different: Albert acknowledged that not everyone has the time to exercise quite as much as he does, but encourages everyone to do what they can because any little bit helps. And while he still has to be on medication due to genetics, Albert also shared that if he hadn’t made lifestyle changes, he likely would have experienced serious health consequences.

He shared that he really enjoys working with the County, and in particular the spirit of friendship and camaraderie at Roads and Airports. He inspires and is inspired by others in the department that work on their health both together and individually.

Do you or you know a county employee who has an inspirational story to tell? If so, please email us at wellness@ewd.sccgov.org