I was walking down the hall at work, minding my own business, and stopped to focus on what was moving in front of me. “Is that a Tse Tse fly that I see? “ Oh no, it was just Bill Evans. Two words: Mover and Shaker. “Yes”, I thought, “He is doing something, and A) I want to know what, and B) I’ll have what he is having”. He seemed a bit more whittled in the middle, and had uncanny energy, even for Bill Evans. It can be very motivating to see people making changes and to notice their results. I had to get the scoop, so once I was able to contain him in one location for a few moments, Bill and I sat down for a chat. Bill told me that he had made the decision to make some positive changes as he enters the second half of his life. I laughed and said “WHAAAAT”? (I’m a forty-something, I was not going to argue the point that this was NOT the midpoint in life, so I went with it).

There has been much “healthy buzz talk” going around the office since the start of the Wellness Program. I like the fact that people are always talking about healthy topics, and some are doing new activities and changing old habits. Bill has a friend who participated in a “cleanse” and lost 15 pounds and has kept it off- There was Bill’s motivation to get started. He started with a diet/cleanse routine that lasted 24 days. His routine focused on eating numerous times throughout the day and drinking lots of water. He was not allowed to have any dairy products or any fried foods during this time. He ate proteins, clean carbs, and lots of fruits and vegetables. The official name of the cleanse is the 24 Day Challenge. He began running 4-5 times a week, 5 miles at a time. He noticed the weight loss and increased energy, and this kept him going. For anyone who knows Bill, his experience speaks volumes because those who know Bill may agree that he could run next to 6 year olds all day and not tire.

When you “Do good,” you feel good. When you see or feel results, you want to keep up the hard work. Bill’s results motivated him to keep moving to reach his goals. He lost seventeen pounds by his goal date and has maintained it. I asked him about his main source of motivation... the mirror.

Here’s to a better half of life than the first.

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