



# Disney **andLine**

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SPORT

— CASTING A —  
**HEALTHIER**  
FUTURE



Check out the May  
Be Well Cast Fitness  
calendar inside!

# BETTER Together

By Danielle Cameron

## Cast Members find getting fit is more fun with a friend

**B**e healthy. It's a simple concept that's hard to put into practice. Where do you start when looking to take that first step toward a healthier life? One thing that can make it easier is grabbing a buddy and taking that first step together.

Surrounding yourself with people who have similar health goals provides a built-in network of encouragement, support and accountability. It won't always be a walk in the park, but having a friend by your side may just motivate you to take that walk in the park!

In honor of National Physical Fitness & Sports Month, meet a few Cast Members who found that achieving their wellness goals is a little easier when you have someone with whom to share the journey.

## FOOD FRIENDS

**L**ast year, Jacqueline Foreman, Food and Beverage manager at Goofy's Kitchen and Steakhouse 55, wanted to lose 20 pounds and keep it off. But she didn't know where to start.

At the time, she was working at the Main Entrance and a few fellow Cast Members asked if she wanted to "eat clean" with them for a month — not necessarily to lose weight, but to feel better. They stuck to proteins like eggs, chicken and turkey, lots of fruits and vegetables, no grains, dairy, refined sugar or processed foods — choices she said she could find at our Cast Cafes.

"Not only did I lose weight, but this made me think about food differently," said Jacqueline, who's lost 39 pounds purely through changing her diet. "My body doesn't crave [sugar] as much as it used to. One or two cookies is good now." Support from her friends has been key, Jacqueline said. "I was able to text my friends and complain about not having a cookie that someone brought into work, and they would know what I was going through."

"Not only did I lose weight, but this made me think about food differently."

— Jacqueline Foreman



## GROUP EFFORT

**F**inance Operations Senior Associate Christina Hines knew it was time for a change after a biometric screening two years ago. "My diabetes and my eating habits were out of control," Christina remembers. "I knew that I was the only one that could change the direction I was going."

She started a low-carb diet and began walking to work each day — about 3 miles round trip — and even got extra strolls in backstage on her lunch break. Not only did Christina lose weight; she's now completely off of diabetes medication. And her friends noticed.

"At my surprise birthday party last year, Christina showed up looking great," recalled Ben Vargas, Resort Transportation and Parking. She told Ben and fellow Cast Members Kevin Guyn and Scott Moore about her healthy new routine and asked if they wanted to join her.

Since last summer, Kevin has dropped from 320 to 250 pounds, while Ben lowered his cholesterol by walking and switching to a low-carb diet. "It's easier when someone else is doing the same thing as you because you are less likely to fall off the wagon once you start," said Kevin. "They will be there to say 'no' when you want to stop."

The four participate in the Cast Walking League and take advantage of the services provided by the resort's Athletic Trainers. They even take part in the Bike MS Bay to Bay charity ride each October; Kevin and Scott as cyclists, Ben and Christina as volunteers.

"If you find that you had a bad day or week in terms of your diet or exercise goals, then let yourself start over and try again," said Scott, who's down 30 pounds. "Don't give up and you will succeed."



"Telling a friend or co-worker your wellness commitment helps you vocalize **what you are trying to achieve**, as well as provides support for you when you want to stray from your wellness path."

— Chief Medical Officer Dr. Pamela Hymel, Walt Disney Parks and Resorts

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# SMALL CHANGES, BIG DIFFERENCE

Last year, Bri Mongerson couldn't run a mile. Now, she's training for her first half marathon.

After undergoing foot surgery last year, Bri, a front desk Cast Member at Disney's Grand Californian Hotel & Spa, was ready to get up and get moving. She decided to challenge herself by signing up for a 5K, using a training app on her smartphone to help get into shape.

"Now I am addicted!" said Bri, who, since finishing that first 5K last April, has signed up for races almost every month. She also participates in the Cast Walking League and Transformation Thursday fitness classes at the resort, bringing friends along so that they don't

have to feel nervous about going alone. After getting her exercise routine down, Bri switched up her diet; by eating healthy and using portioned containers, she's lost 25 pounds. "But I also know that it is okay to have ice cream when you want it," said Bri. "It's all about balance."

As Bri gears up to run the Tinker Bell Half Marathon in May, she encourages others to take the first steps in their own wellness journeys. "I want to be healthier for myself and I want to inspire others to eat healthy and be well," said Bri. "I always told myself I could never run, but I finally stopped making excuses and told myself I could do it. Don't let excuses hold you back, either."

"It's all about **balance.**"  
— Bri Mongerson (above right)

# TAKING A SHOT

Erik Pessolano first joined a Disney-sponsored sports league as a new Cast Member at ESPN Zone in 2009 when a co-worker invited him to play basketball. "I hadn't really played since I graduated from high school and was excited at the chance to get back on the court," Erik remembers. A few years later, his brother, Brandon, who had transferred to ESPN Zone, also joined the team. In addition to basketball, the Pessolano brothers have played on the resort's softball leagues, and Brandon has also played in the volleyball league.

While playing in the sports leagues has helped the brothers stay fit, Erik said there have been other benefits as well. "The league allows us to meet other members of the Disney family and be able to share what we all do on a regular basis," Erik said. "It's a great team-building experience for those of us who don't necessarily get the chance to get to know our fellow Cast Members outside of work."



Brandon (left) and Erik Pessolano

# FITNESS CALENDAR

# MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1) <b>Be Well Fair</b> Simba Cast Member Lot 2-6 p.m.	2) <b>Cast Walking League</b> Stoddard Park 5:30-6:45 p.m.	3) <b>Be Well Fair</b> Harbor Pointe 1-5 p.m.	4) <b>Transformation Thurs Full Body Conditioning</b> N-18 Rehearsal Hall Bldg 5:30-6:30 p.m.
8) <b>Badminton*</b> American Sports Center 1st session: 5:30-6:15 p.m. 2nd session: 6:30-7:15 p.m.	9) <b>Cast Walking League</b> Stoddard Park 5:30-6:45 p.m.	10) <b>Be Well Yoga at Sleeping Beauty Castle*</b> 6:30-7:30 a.m.	11) <b>Transformation Thurs Yoga</b> N-18 Rehearsal Hall Bldg 5:30-6:30 p.m.
15) <b>Zumba*</b> Disneyland Hotel Sleeping Beauty Pavillion 5:45-6:45 p.m.	16) <b>Cast Walking League</b> Stoddard Park 5:30-6:45 p.m.	17) <b>Zumba*</b> N-18 Rehearsal Hall Bldg 5:30-6:30 p.m.	18) <b>Transformation Thurs Dance Cardio</b> N-18 Rehearsal Hall Bldg 5:30-6:30 p.m.
22) <b>Dodgeball*</b> American Sports Center 1st session: 7-7:45 p.m. 2nd session: 8-8:45 p.m.	23) <b>Cast Walking League</b> Stoddard Park 5:30-6:45 p.m.	24) <b>Be Well Culinary Demo*</b> PCH Grill Disney's Paradise Pier Hotel 1:30-2:30 p.m.	25) <b>Transformation Thurs Barre Workout</b> N-18 Rehearsal Hall Bldg 5:30-6:30 p.m.
29) <b>HOLIDAY Memorial Day</b>	30) <b>Cast Walking League</b> Stoddard Park 5:30-6:45 p.m.	31) <b>Biometric Screening*</b> TDA, Fantasia Conf Rm 102A 9 a.m.-3 p.m.	

\*Visit The Hub >> Cast >> Health & Wellness >> Get Active to sign up for these events.