

MARIA PADILLA

DEPARTMENT OF SOCIAL
SERVICES

WELLNESS SPOTLIGHT
12.2017



“ I consider myself fortunate that even after carrying extra weight for the last twenty plus years, I do not suffer any of the common ailments that come with being overweight. I feel I have played Russian roulette long enough with my health, and it’s time to do something about it. “

Meet Maria Padilla, an Employment and Training Coordinator with CalWORKs Employment Services (CWES).

Maria is one busy woman– between working full-time and taking classes at CSUMB, it can be challenging to fit in time for herself. “We make time for what is important to us and we need to prioritize our health and well-being,” she says.

Maria achieves this by walking daily on her work breaks and during her lunch hour. On weekends, she enjoys hiking local trails– some of her favorite spots include Ford Ord, Toro Park and Big Sur.

Maria’s dedication to her health and well-being have paid off! She recently lost 20 pounds over a five-month period and shares that she’s gained more mobility. She credits her amazing support system at home to keeping her motivated and making her goals more attainable. Keep up the great work Maria!

If you would like to nominate an employee to be featured in our Wellness Spotlight please email Melissa Pouch at PouchM@co.monterey.ca.us.



Photo: Marlene Ramirez (left) and Maria Padilla (right) enjoying a hike

EAT HEALTHY, BE ACTIVE, LIVE WELL