



News Release

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Platte County Lifestyle Coalition Encourages People to Practice Patience with Health Goals

For Immediate Release

(COLUMBUS, Neb.) – The Platte County Lifestyle Coalition is a local coalition dedicated to promoting healthy lifestyles. Its messages focus on the benefits of physical activity and healthy nutrition.

After the new year, many people are focused on these same things as they resolve to change their lifestyles and make better, healthier choices in the coming year.

However, by February, many people have already decided to give up on whatever they wanted to accomplish in 2020. That’s why the coalition and coalition member, Jen Brownlow, wellness director at the Columbus Family YMCA, are spreading the message of patience.

As community members work toward their health and wellness goals, Brownlow encourages them to stay on track by practicing patience with themselves and with their progress.

She also recommends they remember the following:

- Nothing can change overnight. It takes time.
- Forgive yourself and start again tomorrow.
- The only way to succeed is to go through failure.
- Set goals and go your own speed.
- The only way to fail is to quit.

If you are interested in learning more about the coalition, please contact Brownlow at 402-564-9477, or Danielle Frewing, BSN, RN, director of CCH’s Occupational Health Services at 402-562-4483 or dafrewing@columbushosp.org.

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