

Virtual Fitness Employee Fitness “Do Nothing” Habit!

*By Shawn Nickle
Agency Wellness and Fitness Coordinator*

Bob Joyce, a manager’s internal control review program manager in DCMA’s planning and budgeting center, is 61 years young. Joyce is an avid walker and cyclist who has successfully managed his bodyweight over the last six years through constant activity and healthy eating habits.

In his rejuvenated lifestyle, Joyce meticulously tracks and records his bodyweight and walking mileage, then uses the data to set fitness goals and monitor personal progress.

He attributes his increased productivity at work to his healthy lifestyle, which enables



Bob Joyce smiles while discussing his healthy lifestyle. (DCMA staff photo)

him to enjoy a fulfilling life outside of work. Joyce discussed his motivation to attain fitness goals: “When my wife and I were planning my daughter’s wedding

six years ago, we decided we wanted to lose weight for the wedding photos.” He continued, “As a result, I lost 35 pounds by eating smaller portions, having desserts only on Sundays, satisfying my hunger with carrot nubs and flavored puffed wheat cakes and increasing my walking mileage — I added a three-mile walk on Saturdays to my usual weekday regimen.”

Joyce also enjoys bike riding with his wife. “My wife and I vacationed on Block Island [off Rhode Island’s coast] a few years ago and rented bicycles,” he said. “We hadn’t

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ridden bikes for quite a while and were both surprised how much we enjoyed it. Since then, we have each bought bikes and a bike hitch rack, which enables us to visit the local paved bikeways and rail trails.”

When asked about his daily routine, Joyce stated, “I spend at least 15 minutes stretching every morning for flexibility and begin my day with a healthy breakfast.” Additionally, every workday, he walks approximately six miles, including a mile-long walk from the commuter train to his DCMA office and back again.

He has also been sharing lunchtime walks with a friend since 1983. “He sets a faster pace,” confessed Joyce. “We have been measuring our walking routes with a pedometer since 1999 and set annual walking distance goals — our goal is to walk 350 miles each year.”

Joyce has also participated in DCMA’s Virtual Fitness Motivation Program each year since its inception. “The Virtual Fitness Program helps me remain healthy for work and recreation,” Joyce affirmed, “In addition, the ‘Beat the Boss’ events every spring and summer are great morale boosters and build camaraderie between the organization’s functions.” 



Bob Joyce gears up for a bike ride on the Upper Charles Trail in Milford, Mass. (DCMA staff photo)