

## **Josh Essig**

### **Community Page Spotlight**

There are many benefits to working for Village Automotive Group. One program our employees appreciate is our Wellness Program, "Drive to a Healthier You". Village Automotive Group has committed itself to employee well-being through the promotion of long-term health within the company.

We are excited to feature Josh Essig under our Community Page Spotlight on behalf of Village Automotive Group. Josh Essig has been with Village Automotive Group for over 10 years, and has worked a variety of roles including sales, internet sales, and finance.

Josh decided in January 2012 he was going to commit to a healthier lifestyle. He was not feeling good about himself, and was also urged by his doctor that it would be good for him to start eating right and working out. After that Josh put his mind to it and signed up for Weight Watchers. He picked Weight Watchers because he knew his eating habits were not correct and he wanted to learn how to properly eat again. He especially wanted to learn about foods he should be eating, and portion sizes. Josh started to work out on a regular basis and met with a trainer to create a workout plan that would help him achieve his goal.

Since January of 2012 Josh has lost a total of 95 lbs. He says the best part is "being healthy again, you don't know how out of shape you are until you start to get healthy".

Implementing a healthy diet and workout regimen has not only effected Josh but his family as well. Josh's children will often ask him about how many "points" a certain snack is they want to eat, and Josh's wife has also lost 25 lbs.

Josh continues to use Weight Watchers today; has the application downloaded on his smart phone to track his progress and makes a point to work out regularly. His advice to anyone wanting to get back into shape is to start with the way they eat, "you have to know how you eat to lose weight" he says.

Village Automotive Group congratulates Josh on his efforts lead a healthy lifestyle.