

# WELLNESS Champion

**Megan Smith**

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Technical Supervisor  
Immunology Core



This month's Wellness Champion is Megan Smith! Megan has worked for ARUP for five years, and is currently a Technical Supervisor in the Immunology Core. Megan and her husband have been married since June 2010 and have two Olde English Bulldogs. They enjoy movies, traveling, and reading.

A few years ago, Megan noticed daily tasks, such as walking up the stairs, were getting more difficult for her. She also noticed around this time that her PHP results were inching up to the yellow range. Noticing this,

Megan began her health journey! She started working with a wellness coach weekly and started learning more about simple daily changes to increase her health.

The biggest lifestyle change Megan and her husband made was meal prep. They knew that making a healthy meal every night wasn't realistic, so they now are taking one Saturday a month to make 5-7 different meals to freeze. This way, they take out a meal in the morning to thaw and bake it when they get home. It helps eating right portions and allows for minimal clean up!

She's been surprised at how inexpensive making these nutrition changes have been! She is sure to shop the sales at the grocery store and find recipes to use the ingredients on sale. The longer you develop the habit, the cheaper and quicker it is!

Megan also made a commitment to exercise more. Knowing she wouldn't want to drive to the gym everyday, she purchased Daily Burn, a guided online program, that she does right in her living room! She also has access to this from her phone while traveling! Since her first venture into making these exercise changes, she's now jogging almost every morning with her most energetic pup. She always listens to an audio book as motivation to get out the door and see what happens next!

She has also made a conscious effort to decrease the processed snacks she eats and has in the house. She's found two of her favorite snacks are salted cucumber slices and apples with Adam's peanut butter. While at first it was a little difficult to not have a bag of chips to munch on in the house, she soon found that she was actually craving fruits and vegetables as snacks. This change also helped her become more aware of the choices she made while eating out because the healthier foods made her feel better!

Megan admits at time this process can be frustrating. She would lose several pounds one week and gain a couple the next week with no change to her workouts and diet. She'd plateau, feel lazy on vacation or stop feeling motivated because of injuries. Her largest piece of advice would be to KEEP GOING! The weeks she didn't feel like talking to a coach she would always come back. This helped her stay on track and get new pointers when she didn't know what to do next.

Keep it up, Megan! You're doing great!

