

# WELLNESS Champion

November 2019



**Alycia Parnell**

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**Reagent Lab**

We are excited to highlight Alycia Parnell as this month's Wellness Champion! Alycia has worked at ARUP for four years and is currently a part of the Reagent Lab as a software programmer.

Alycia enjoys a variety of creative pursuits, including cooking, knitting, hiking, fermenting, gardening, and crunching numbers.

Alycia's decision to use ARUP's wellness resources has been a key factor in helping her shift her view of healthy habits and personal wellness from something she used to resent, to the key factors behind her overall life satisfaction. Alycia explains, "I was a childhood obesity statistic and

have struggled with my weight my whole life." While she had been managing her weight over the years, she had a poor relationship with food and any exercise was just something she had to do to avoid gaining weight.

However, through making incremental changes to many aspects of her personal wellness, Alycia is not only fitter than she has ever been, but she now enjoys the process too! While she still experiences challenges, Alycia understands that consistency is more important than perfection.

To help herself stay accountable to regular exercise, Alycia joined a

group of coworkers to work out with during lunch. They "crush it at the Wellness Center" three times per week. Because it is a standing appointment, Alycia is more consistent than she has ever been. Since her exercise is part of her work day, Alycia adds other activity to her regular routine: commuting via bus to get in extra walks, taking weekly hikes, or doing quick jumping jacks while heating something in the microwave.

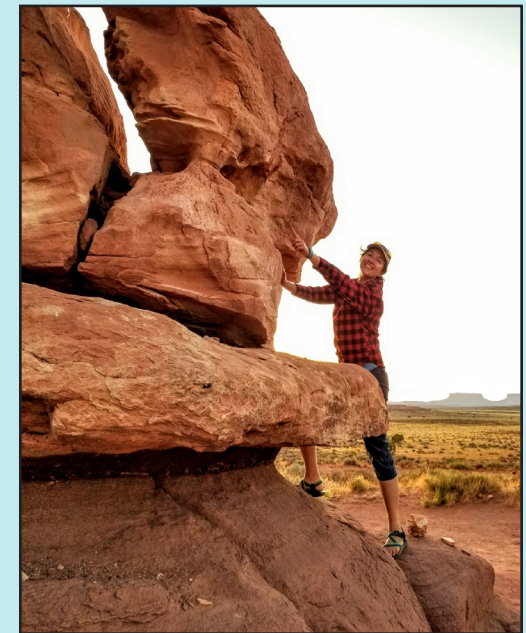
Meeting with a wellness coach has been another instrumental piece to helping Alycia achieve and maintain her wellness goals. Her eating habits have improved significantly as she has learned principles of calorie density rather than cutting out entire food groups. She has implemented a wide variety of cooking and food preparation techniques to ensure that her meals are nutrient dense, from batch cooking/freezing for things like beans, grains, soups, work lunches, to pre-chopping fruits and veggies to use throughout the week.

Her wellness coach also helps by providing objective feedback, advice on exercise form and nutrition, and accountability.

Overall, Alycia has discovered that she can usually find time for healthy habits if it is important enough, which sometimes means getting rid of activities that don't serve her.

Alycia has some wise words to share for anyone working on wellness goals:

1. "You don't need to do your best every single day, but you do need to consistently show up for the commitments you've made to yourself."
2. "Exercise doesn't have to just happen in a gym. Find ways to work in small amounts of activity throughout the day."
3. "Wellness isn't just diet and exercise. Shifting your focus to another facet of wellness, like stress management or sleep, might be just what you need to achieve a physical goal."



Thanks for  
being an inspiring  
example, Alycia!

