

WELLNESS Champion



Brianne Young

Revenue Management Strategic Pricing

confident in herself, but she also noticed that she was feeling tired and sick quite often, and never had motivation to do anything besides sit on the couch after work.

Brianne began making changes by paying more attention to her daily food intake, and really enjoyed tracking her food in My Fitness Pal. Once these changes to what and how much she was eating became more habitual, Brianne added the goal to exercise at least three times per week.

As she got started making changes, Brianne discovered several more motivating factors beyond the changes in her appearance. She realized that her house got cleaner, her cooking improved, and she also developed better relationships with her family and friends.

Brianne's relationship with food

also slowly changed from viewing it as her reason to live, to seeing it more as fuel to be able to do the many new hobbies she started discovering during her journey. Through tracking, she also started to notice how often she was eating fast food and how those expenses were accumulating. By starting to set aside time on Sundays for meal prep, she was not only able to eat more balanced and nutritious meals, but also meals that were costing her only about \$2.50 per meal, after buying and cooking her food in bulk!

With the help of a wellness coach, Brianne received helpful support by having someone to stay accountable to with her habits, and to also have someone with whom to re-evaluate her goals and stay on track in order to keep moving forward. She also received guidance on the fundamentals of proper exercise form. By learning things such as proper squat and push-up technique, Brianne now feels much more confident going into the gym on her own.

As she has committed to healthier daily habits over the last year and a half, it has slowly become an easier and simpler choice to make time for her personal well-being. When there are those times that Brianne eats more than needed to feel full or satisfied, she quickly notices the difference in how she feels. It has also become an easy choice to choose

activity over watching TV, since her joints hurt less and she has more hobbies that she is excited about.

As Brianne has learned how to take better care of her body through her food and movement choices, she's had fun discovering new interests and pushing herself to achieve more challenging goals, seeing what she is capable of doing! Brianne particularly loves setting fitness goals for herself in the gym that will help to improve her rock climbing and hiking capabilities.

Based on what she has learned, Brianne has a few ideas to share with those who are looking to make food and exercise changes:

-Keep track of what you are eating. Otherwise, it's difficult to know how much you are eating, and it teaches you to be wise about your food choices throughout the day

-Sometimes when you think you are hungry, you may just be thirsty--so stay hydrated!

-Drop the excuses. There is always a reason to not make a change, but once you start it feels great. If you want it, you can make it work--so ask for help if it's not working!

What fantastic progress, Brianne! Keep pushing yourself in your goals!



This month's Wellness Champion is Brianne Young! Brianne has been an IT Analyst in the Revenue Management Strategic Pricing Department for two years. Some of Brianne's personal interests include rock climbing, video games, watching her favorite TV shows, and animals. She and her husband have three cats and a little dog that she loves chasing around!

When Brianne first reached out to the Wellness Center to help her make some behavior changes, she had several things motivating her. Brianne was struggling to feel