

WELLNESS Champion



Lucas Orton Genetic Sequencing

We are excited to highlight Lucas Orton as this month’s Wellness Champion!

Lucas began working for ARUP in the Genetic Sequencing department in September 2016. Outside of work, his personal hobbies include playing tennis, piano, and also meeting new people.

Lucas has experienced a very unique journey to prioritizing his personal

health and wellness. At only 10 years old, he was diagnosed with a rare sarcoma that currently cannot be cured. After exhausting all of the available treatment and surgery options for his rare condition, and still not receiving a clean bill of health, Lucas decided it was time to look to lifestyle changes to improve his health and to better manage this condition.

For Lucas’ particular circumstances, he discovered that not only improving all aspects of his eating choices has improved his health, but specifically, choosing to decrease processed sugars has

proven beneficial.

Exercise is another important component for Lucas maintaining his personal health. However, he works the swing shift, and as a night owl, getting to the gym before work is not a reliable option. Since there are not many options for gyms that stay open past midnight, Lucas chose the Wellness Center as his primary gym. Having access to the Wellness Center where he can exercise any time of the day has really helped Lucas achieve his goal to exercise at least 4 times per week.

Small changes have added up to significant, lasting habits in Lucas’ life. With eating, he began with a focus on eating less overall. And with exercise, he makes sure to mix it up, enjoying casual sports instead of a gym session sometimes.

Something Lucas has found helpful to remember throughout the development of better habits has been to not rely solely on motivation to make a change. He looks instead to discipline when it comes to making a new behavior stick. He reflects that, “motivation is useful, but fairly rare. Discipline can be counted on, if you establish the habit and power through the first few weeks...everything gets a little bit easier.”

Lucas has a few final thoughts for each of us to consider,

whether we are starting out with a new change or in a rut with it:

“Don’t be afraid of a little discomfort. Being slightly hungry won’t kill you, [and] doing that extra minute on the treadmill will pay off. It only takes a handful of small moments of superficial discomfort, to equal a lifetime of being comfortable in your own skin.”



Keep up the great work, Lucas!

