

# WELLNESS Champion



**Nathan Platt**

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**IT Interface Development**

We are excited to highlight Nathan Platt as this month's Wellness Champion!

Nathan is a programmer in Interface Development, and has been with ARUP for about a year and a half. He enjoys a variety of hobbies, from making and playing video games, to playing the piano and singing with

the Westminster Community Choir. A couple of his favorite shows that he enjoys watching with his wife and their three cats are King of the Hill and Flight of the Conchords. He also regularly donates platelets!

Nathan started paying closer attention to his personal health when he sat down with one of the wellness coaches and noticed some concerning results on his PHP. He had known that he might be at risk for heart issues based on some family history, but receiving his individual PHP results provided some of the initial motivation he needed to start developing healthier habits.

Nathan began by taking advantage of two of the Wellness Center's main resources: 15-minute exercise classes and one-on-one nutrition coaching. As he started attending the classes, Nathan realized that you can actually get a lot done in 15 minutes! He started setting reminders in his calendar for these classes, which helped to eliminate extra decision-making. He doesn't have to think about whether or not he will go to a class everyday; he just sees the reminder, gets up, and goes!

Nathan also started meeting with a wellness coach, Kelly Gibbons, to receive more guidance on his food and eating choices—including being more mindful about snacking to determine whether or not he is actually hungry. Such simple changes as taking an apple and banana to work, and substituting chips for carrots and hummus as a snack have helped Nathan to stay consistent.

As Nathan has started incorporating more fruits and vegetables into his diet, he has also noticed that they are actually not too expensive. He has even learned cheap and simple ways to prepare whole foods from attending the Wellness Center's weekly Nutritious and Delicious class.

Using the Wellness Center resources has also taught Nathan how to better judge online resources for accuracy, and taught him proper exercise form. Nathan said that he was "a little intimidated by the wellness coaches at first, but they are all really nice, and happy to help people that have no idea what they are doing".

After working on these small changes to his exercise and eating habits, Nathan has seen significant improvements on his PHP. Knowing that what he has been working on actually helps, and realizing that it isn't too difficult to do, keeps him motivated to stay with these changes. Nathan

has a few nuggets of wisdom to share about making new lifestyle changes:

"Set a reminder to exercise, even if it's just to exercise on your own. It's harder to make the decision in the moment."

"Take a moment to check in with yourself before snacking. You may just be bored and not hungry."

"Find some fruits and veggies that you actually like, and have them available for when you do need a snack."



**Thanks for sharing your progress, Nathan!**

