

ARUP WELLNESS CHAMPION



MARCH 2023

This month's Wellness Champion is actually a group of engineers from department 501! The self-proclaimed "Kettlebell Wrecking Crew" consists of Dan Valdez, Jeremy Anguiano, Rod Boynton, Travis Crickmore, Scott Carter, and Andrew Eyre.



Dan Valdez is also impressed by this group of guys, who range in age from their 20s to their 60s, who can all cheer each other on and buoy each other up!

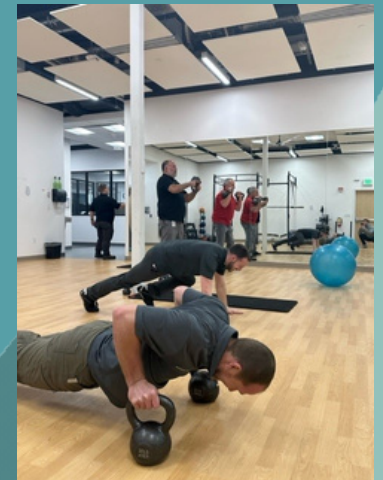
Scott Carter sums up this group perfectly when he said, "The mental aspect of working out with friends is irreplaceable. It helps me unwind from the stresses of life and gives me greater self-worth."

If you're struggling to keep up with an exercise routine, find one or multiple friends to help you push yourself and stay consistent!

Before this group started its wellness journey almost two years ago, Dan Valdez and Jeremy Anguiano would spend their lunch break eating, relaxing, or even catching a few z's. One day, they started talking about improving their health and reducing their risk factors. They soon started the tradition of going to the Wellness Center on Fridays during lunch to get in some exercise. What started as once-a-week workout increased to almost every workday and the grew from a group of two to a group of six!

Others in their department started to notice their commitment and when invited started joining the lunch workouts that consisted of kettlebells, weights, and the bench press.

Rod Boynton, one of the department members said, "On a personal note, the 11:30 a.m. crew has become one of my only constants during stressful days at work. I find that when I take these 30-45 minutes for myself, I can take out frustration, air grievances, get help with hard problems, and get another opinion at times when the 'experts' seem to think everything's easy. Sometimes I get more out of the conversation, sometimes I get more out of just swinging the kettlebell, and sometimes I just get to listen to some really good insight on how to live life humbly, genuinely, and honestly."



If you would like to nominate someone, or a group of people, to be considered for the wellness or mental health champion, email: wellness@aruplab.com.