

WELLNESS Champion

Andrew Fletcher
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Medical Director
Consultative Services



Congratulations to Andrew Fletcher on being this month's Wellness Champion! Andrew works as the Medical Director of ARUP Consultative Services, and has been with the company for about four and a half years. He gets to work with ARUP clients across the country, and is looking forward to travelling again now that COVID-19 is (hopefully) improving!

The many forced changes in day-to-

day life that the COVID-19 lockdown triggered in March 2020 prompted Andrew to make significant changes in his habits to improve his health. Just prior to the pandemic lockdown, Andrew had a doctor's appointment when he realized his weight had crept up to 300 pounds and he needed to change things. When the COVID-19 lockdown came in full force, causing everything in life to become very unpredictable, Andrew looked at this time as an opportunity to do something positive and set a personal goal: lose some weight. Almost a year and a half later since setting his initial goal, Andrew has now lost 85 pounds!

Andrew's initial changes began with paying closer attention to his caloric intake. Because he had been travelling regularly as part of his job responsibilities, it had been easy for him to eat three large restaurant meals every day, as well as late night hamburgers in airports and other convenience foods, and not pay any attention to his diet. Being grounded gave him the opportunity to focus on nutrition and move away from these



unhealthy habits.

Andrew developed awareness of several important nutrition principles beyond just calorie consumption. He learned about portion control (how much is one serving, really?), mindful eating (do not overeat just to clean the plate or just because food is available), and emotional eating (trying not to eat just because he was bored). Andrew developed more balance in his eating habits, and realized it was still okay for him to enjoy getting a pizza or takeout every so often, because he could now be more mindful of those experiences and eat a smaller portion. As he saw himself making progress on his goal, he felt motivated to keep going rather than slide back into old ways.

As Andrew has progressed along the path to changing his habits, he has

also saved money while improving his cooking skills from eating out less. He now enjoys home-cooked meals as much as many restaurant meals!

Checking in frequently with his Wellness Coach, Raven, has been a

very useful tool for Andrew to monitor his progress and review goals. Raven was also able to help Andrew develop a regular exercise program.

To conclude, Andrew shares a few quick tips to keep in mind for your own lifestyle changes:

"Just do it! Don't weigh yourself too often—just stick to the plan. Lastly, know you're in it for the long term—no short fad diets or other weight loss gimics."

**Way to stick
to your goal,
Andrew!**

