

# ARUP WELLNESS CHAMPION



JUNE 2023

This month's Wellness Champion is Christy Kelley. Christy has been with ARUP since 1999 and is currently an Infectious Disease Float Specialist working primarily in Virology, IDAT, and PAFT. Outside of work, Christy likes to fish, garden, walk, cross-stitch, read, and play with her grandkids!

After Christy's husband passed away in 2017, life was stressful. Two of her sons still lived at home when she downsized to a smaller house. Shortly after that, her oldest son and three grandkids moved in, too. In 2018, Christy experienced a TIA (mini-stroke) and knew she needed to make some life changes.

One of the main habits Christy had to change was her relationship with food as she describes herself as an emotional eater. She started meeting with Natalie, one of the wellness coaches, and learned how to make a conscious effort when it came to eating healthier. She would meal prep each Sunday and learned to use her crockpot, George Foreman grill, and air fryer. Instead of junk food, Christy now has fresh fruit, veggies, and mixed nuts as snacks.



With so many people living in Christy's house, she would often eat whatever she was preparing, even if it wasn't for her. To help manage what she was eating while preparing food, she learned to ask herself, "Is this for me or someone else?" She also decided to invest time in daily exercise. She started with a stationary bike that she had in her bedroom and now switches between biking, using the punching bag, walking with friends, and keeping up with her grandkids. One of her grandkids told her recently "I'm proud of you for being able to keep up with me, Grandma!"

Christy's motivation to stay healthy comes from her three boys and eight grandkids. Since her boy's already lost a parent, Christy is even more dedicated to staying healthy for them.

Christy found ARUP's Health and Wellness staff extremely helpful. She is especially grateful for Holly Gurgle who was her personal cheerleader and helped Christy through tough times, and still motivates her today!

Christy's advice to anyone looking to make changes in their health is to set realistic goals. Recognize that long term success takes time! Her individual health journey has taken years to accomplish and will take a lifetime to maintain. She encourages everyone to just keep moving!



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](mailto:wellness@aruplab.com).