

# WELLNESS Champion

**Jared Winder**

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**IT Interface Development**



We are excited to have Jared Winder as our Wellness Champion spotlight this month! Jared has been working as a software programmer in the Interface Development department since 2014. Programming has been his passion for many years! He loves the challenges it presents, and the results that come from all of the hard work. Jared also loves to play and coach sports. He has coached for more than 25 years in a variety of sports, depending on the interests of his kids.

Jared's desire to really pursue personal health changes started a little over a year ago. In August 2020, Jared discovered he was on the cusp of becoming diabetic. Soon afterwards, his grandmother passed away after struggling with diabetes for the majority of her adult life. Jared realized he did not want to be in similar shoes, dealing with the same challenges he had watched his grandmother face. He decided to make a renewed effort on his health habits, and reached out

to the Wellness staff again, having participated in various wellness activities and programs in the past.

Raven Berman became Jared's coach and was an integral aspect to helping Jared make great strides on his goals over the last year. They started by setting simple goals together, such as daily movement and cutting down on junk food, and held weekly meetings to report back on progress and discuss any struggles from the week. Jared reflected that while the process was not easy at first (and never necessarily became "easy" down the road), having the external support from a coach made a tremendous difference for him.

As Jared successfully integrated simple goals into his daily life, he began to expand his goals and to reach a little further—from improving his sleep habits and choosing to finish eating before a certain time every evening, to including his family in his healthy eating habits.

As a result of these small and

simple efforts compounded over time, Jared has lost 40 pounds and is no longer at risk of developing diabetes. Even more impactful than losing weight have been the habits Jared changed, and living a lifestyle that he now loves. He has no desire to return to his previous lifestyle, as he is currently much healthier and happier. Not only does Jared feel better personally, but he has also noticed the positive effects on his work, allowing him to be a better employee as well.

Jared now has the confidence that these changes and habits will be with him for a long time. He is extremely appreciative for all that the Wellness Center and Family Health Clinic have done to help him over the last year.

**Thanks for  
sharing your in-  
spiring progress,  
Jared!!**

