

WELLNESS Champion

Loren Madsen

IT PC Support



We are excited to spotlight Loren Madsen as this month’s Wellness Champion! He started working for ARUP in March 2021. He has many interests, including sports such as fly fishing, and playing games with his two daughters. He recently rediscovered the joy of walking and hiking.

When Loren got interested in improving his lifestyle and health, he started with a walking routine as his first small change. Walking 3-4 times per week eventually

developed into a more complete exercise routine. Additionally, he started improving his nutrition by reducing the amount of empty liquid calories he consumed each day, and decreasing excess snacking. Those small steps have expanded to Loren ordering food out less, and beginning to cook for himself more and improve those skills.

Initially, Loren’s reasons to change were primarily emotionally motivated. He had concerns about his health and how it would affect his future with his kids. As he has stayed committed to his changes, though, the physical and mental results of his efforts have also become a part of his motivation to continue.

At the beginning of his progress, Loren often felt slow, sluggish, and worn down. He chose to use the wellness benefits to get some spring in his step and guidance on how and where he could reasonably start making changes.

Now that his initial changes have become habitual parts of his routine, Loren recognizes many more benefits that he didn’t expect in the beginning! For example, his walks have provided him a way to be active without making him tired or hungry, while also allowing him time to think and mentally wind down. The hikes he has now been able to explore have amazed him! Despite living in Utah his entire life, Loren feels he is just now experiencing the beauty the state has to offer now that hiking has become a fun hobby for him.

By eating out less, he spends less money to feed his family while also eating better. It has also been fun to have his kids learn to cook with him. They turn on music and all help with prepping and cooking meals together. Dinner prep has become a time to be a part of his kids’ lives, rather than



just being the chore it used to be.

Loren realized that figuring out his “why” made all the difference in his behaviors. When he didn’t have a reason that was meaningful to him, he didn’t care about what he ate or felt like. Once he found his “why”, it meant everything to him to not only get started, but also to stay the course.

We loved hearing from you, Loren!

