

WELLNESS Champion

Spencer Garner
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Operations Engineering



This month, we are excited to announce Spencer Garner as our Wellness Champion! Spencer grew up in Northglenn, Colorado. He has been with ARUP for just over one year, working as a Business Systems Analyst in the Operations Engineering department. Spencer considers himself a cross between an athlete and a nerd. He loves a good mix of playing sports, being outdoors, and climbing, while also enjoying a variety of board, card, and video games, along with reading and playing Dungeons and Dragons.

Over the last several months, Spencer has stayed dedicated to his goals of wanting to increase his strength, athleticism, and to build more muscle in a manageable way. Through his consistent efforts and work with a Wellness Coach, Kelly Gibbons, Spencer has not only gained about 10 pounds of muscle, but also built sustainable habits that allowed him to reach those personal goals.

Learning to eat more balanced meals was the first effective change Spencer focused on. At the beginning of his journey, Spencer noticed that he was almost always feeling hungry. He then learned that it was important to incorporate more protein and fat in his diet, to balance out the carbohydrates he was already getting. Once he started fueling his body with a greater balance of nutrients, he could make improvements to his exercise routine.

Initially, Spencer had a goal to go to the gym twice per week, but he soon realized that with his schedule's time constraints, he couldn't be as consistent as he wanted with that goal. He adapted and changed his goal to one gym workout each week.

Spencer then found a free workout app he enjoyed (Shred) that he could follow so he could use his gym time effectively, and found that he was most likely to complete his exercise if he committed to going right after work. Paying attention to each of these details was key to helping him follow through on the exercise goal he wanted to accomplish.

Spencer benefited from the support of having a Wellness Coach through this process for a couple of reasons: 1) Having a coach really helped him zero in on his specific eating challenges, and 2) He was able to regularly check in with someone else on his progress.

Spencer has some great words of advice for anyone else looking to improve themselves and accomplish a desired goal:



“Keep that momentum of energy coming out of work and take it straight into the gym. Try not to go home. Once you are home, it’s going to be a bigger fight to leave again.”

“Understand what you eat, how you eat, and how often. The more you can understand your body and eating habits, the easier it will be to adjust to meet your goals.”

“Lastly, it is a mental game and fight against yourself. Remove the thoughts that are holding you back. You can do anything with the right headspace. Mental health is just as important as physical. Once our mental health is doing well, maintaining physical health becomes easier.”



**Fantastic
progress,
Spencer!**

