

WELLNESS Champion

July 2022



Rosy Grimaud

IT Software QA

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have the pregnancy and delivery experience she had hoped for. As her son grew older it became harder to keep up with him, so he became Rosy's motivation to make lifestyle changes.

Similar to many of our Wellness Champions, Rosy started with small habits. In March 2020, she started 3 things: jogging around her neighborhood, recognizing her fullness cues, and meal planning (even on weekends).

This month's Wellness Champion is Rosy Grimaud! Rosy has been with ARUP for 5 years, and is currently working in IT SQA for the Auto SP project. She has two boys--3 years and 7 months. In her spare time, she enjoys going to movies, traveling to France to visit family, baking, and crafting with her kids.

Rosy has been on a path to improved health and wellness for about three years. During her first pregnancy, she was diagnosed with gestational diabetes and high blood pressure. She made it through a 37-hour delivery with a strong and healthy baby, but was not able to



Working with her wellness coach, Natalie Garbett, for over two years has truly changed Rosy's life. When Rosy needed her to hold her accountable she did. When she needed to weep from the exhaustion of a newborn, Natalie didn't judge. When Rosy's shins were hurting from running form, Natalie provided knowledge and correction.

Through coaching, Rosy was also able to change her entire relationship with food. She has learned to look at meals and how to make them better, rather than focusing on foods she could not eat. She has learned it is okay to throw food away, and that she can make multiple healthy choices in one day, and it's okay if a couple are not so healthy. Overall, Rosy has become much more in tune with her own body. Working with the Family Health Clinic has also taught Rosy that a good

therapist and the right medication can save your life.

Rosy's many successes include: losing over 50 pounds in the last three years, keeping her mind and body healthy enough for a second pregnancy, being able to keep up for as long as she wants with her busy toddler, and getting ready for her first 5K on the 4th of July. She can also wear her second baby in the baby carrier that never fit with her first son!

Rosy's healthy habits have become integral to her daily routine. She wakes up before everyone in her house to jog on the Jordan River trail, and will also take an extra lap or two around Costco while shopping. She also enjoys doing "animal yoga" with her toddler. Meal planning has continued to help her succeed, planning in for nights out and leftovers as well, so she knows what to expect.

Rosy's biggest piece of advice for anyone making a change is to give yourself a lot of grace. Nobody gets it right 100% of the time, and you can always get back on track. Your opinion is the only one that matters, and it should include a lot of patience and grace. Lastly, just stick to it because even the smallest things add up.

Keep it up, Rosy!

