

WELLNESS Champion

June 2022

Sam Marsden

Corporate Compliance Office

Over the past 16 months, Sam has made incredible strides in prioritizing his health and wellness, and as a result, he has lost 50 pounds!

Developing mindful-centered eating habits has been a key component of Sam's success. He has learned to be mindful of when he is actually hungry, rather than eating when he is bored, stressed, happy, or sad. He has also practiced not eating too quickly by listening to his body and feeling for the differences in his body between being satisfied and full.

Putting mindfulness at the forefront of his eating habits has allowed Sam to fine-tune which routines work well for him. He has learned that it's not the end of the world for him to be hungry for a little while, but he also recognizes that if he doesn't have small snacks throughout the day, he will overdo it when he sits down for a meal.



This month's Wellness Champion is Sam Marsden! He has been with ARUP for about four years and works in the Corporate Compliance Office. Sam's personal interests include RVs, motorcycles, spending time in the outdoors (especially national parks), and playing music. When he isn't outside, you can find him reading about history and current events.



When it comes to healthy eating, Sam has realized that people can sometimes overcomplicate it when they assume it is too expensive to maintain. He started seeing that over the long term, healthy eating is much more affordable than unhealthy alternatives.

For example, an apple is cheaper than a Big Mac, and a bowl of rice, chicken, and vegetables is cheaper than a meal from Olive Garden.

Removing an "all-or-nothing" mindset from food choices has also made healthy eating sustainable for Sam, instead of cutting out entire food groups and going through a "yo-yo diet" loop.

Sam particularly wants to thank Ben Storz, Holly Gurgle, and Kelly Gibbons for helping him in their areas of expertise. Frequent check-ins with them have helped sustain his success. In Sam's words, these resources have been "worth their weight in gold."

Sam offers a few words of advice to others working on their health: "Find what motivates you to change, and remind yourself of that reason constantly. Don't be too hard on yourself when you falter, because it will happen. Keep the long-term goal in mind and try not to overwhelm yourself by thinking you have to make certain gains in certain time frames."

Sam said, "It can take years to get to an unhealthy state, so it can also take awhile to get healthy again. Remembering this helps when you get frustrated that you aren't progressing as quickly as you would like."

"Make sure that the goals you set are realistic and achievable. Extreme goals set you up for failure, frustration, and backslides. Don't be afraid to talk to professionals about your challenges. They are there to help," Sam advised.



Thank you, Sam!

