

# WELLNESS Champion

## Sheri Mitchell

### PharmaDx

and competing in Strongman competitions.

Sheri first began making conscious decisions about her health back in 2012. She started paying attention to her PHP bloodwork to learn about what was going on “inside” that she couldn’t see. Sheri decided that she wanted to maintain her health and wellness for the long haul. She wanted to know that she would be able to do simple life tasks as she got older, including: get out of a chair on her own, carry her own groceries, do yardwork, shovel snow, and spend time with friends and family without worry.

Since Sheri began pursuing hobbies and skills to keep her body and mind well, she discovered many new interests that have evolved significantly over the last 10 years. She has tried everything



from martial arts, road, and trail running, to Spartan racing, weight lifting, and Strongman training. Her diet has evolved along the way as well, beginning with trying to make generally healthier choices, to eliminating certain processed foods, and getting more creative in the kitchen with fruit, veggies, and portion control. Determining what will work best for her routine and preferences has been a trial and error process over the years, with things continuing to change and challenges still popping up.

Sheri has been able to build sustainable habits throughout the last decade because she has built off personal strengths and preferences and gone from there. She knows she is a social person, so doing activities in a social setting keeps her more motivated and happier. As a result, she loves bonding with her daughter during time spent doing martial arts, and she looks for opportunities to

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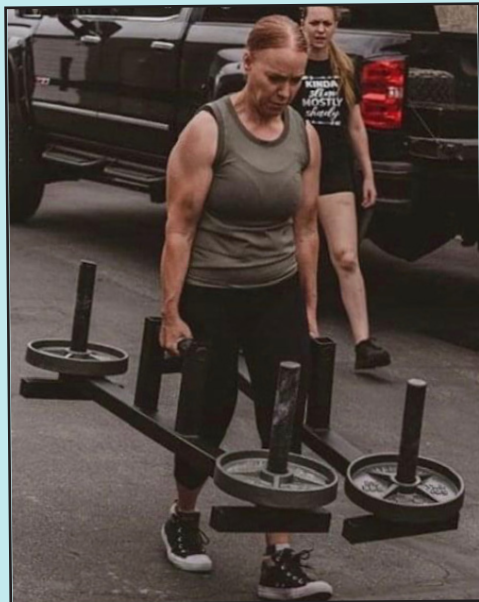
participate in teams, or even things as simple as walking with co-workers. Having access to an onsite gym and wellness staff has also been pivotal to her success, providing her with support and a place to be open and honest with no judgement.

In conclusion, Sheri shares three sage pieces of advice for anyone looking for guidance on starting their own lifestyle changes:

“1. Don’t be afraid to try new things. I have found so much support in whatever I have tried which allows for growth and confidence.

2. You don’t have to be “the best” to succeed in your goals. Congratulate the smallest of wins.

3. Everyone is an experiment of one. Do what works for you and makes you happy. Do not compare yourself to others.”



We are excited to highlight Sheri Mitchell as this month’s Wellness Champion! Sheri has been with ARUP about 24 years, and is currently a scientist in the PharmaDx department. She is also a single mother of a teenage daughter. Sheri enjoys spending time with her friends and daughter in the outdoors, attending concerts and festivals, even doing martial arts together! She also stays busy training



Thank you Sheri!

