

# ARUP WELLNESS CHAMPION



NOVEMBER 2023

This month's Wellness Champion is Cesar Huidobro-Melo. Cesar has been with ARUP for three and a half years and currently works in Clinical Toxicology II. Outside of work, Cesar enjoys practicing Brazilian Jiu-Jitsu and making wine.

Cesar has decided to make a commitment to a healthy lifestyle. Part of this has been to meet with a nutritionist. During this process, Cesar learned about the importance of portion control and eating vegetables. He has also learned to dedicate time to exercise and has added running and Jiu-Jitsu to his normal routine.

A few months ago, Cesar completed a half marathon. As a new runner, he needed something to help him succeed in his training. He decided to use the Nike Running Club app which provided a free, planned, and effective way to train. He also found that a good pair of running shoes helped him immensely!



Cesar and his wife decided that they wanted to support each other in their health goals. They committed to making time in their schedule to ensure that they both had time to exercise. Cesar has decided that midday usually works best for his schedule. He makes sure to use the stairs when on his shift! He also used the ARUP Wellness Center to get guidance for a home weightlifting program tailored to his needs and goals.

One of the things that surprised Cesar the most was learning that meal prepping is significantly more cost-effective than eating fast food. He spends free time on Sundays to meal prep for at least five days of the week. He is sure to use the things he has learned from his nutritionist during this process. Though he admits he isn't always successful, it's something he consistently recommits to each week!

Cesar suggests identifying your "why" and seeking support from the appropriate resources for success. He also says, "Do not be afraid to fail!" You can always try again even if you fail and eat out more often than you'd like.

Keep up the good work, Cesar!



If you would like to nominate someone, or a group of people, to be considered for the wellness or mental health champion, email: [wellness@aruplab.com](mailto:wellness@aruplab.com).