Meet Ethan:

Ethan is the assistant registrar for degree audit and course planning. He began working for the Office of the Registrar in the summer of 2010 as a student employee. He became a full-time staff member in October 2013. Ethan has a B.S. degree in Civil Engineering Technology and is working on an M.S. degree in Facility Management from RIT.

The Wake-Up Call: “I went to one of the free blood pressure screenings on campus and my blood pressure was very high: 160/90. I realized my blood pressure was high and unhealthy for me.”

Programs and Services: “The blood pressure coach suggested I meet with her monthly.” Ethan met with the Wegmans pharmacist blood pressure coach for several months. She provided recipes on heart healthy eating and discussed exercise to help reduce stress. “I wanted to take it to the next level,” so he reached out to the Better Me Program. Ethan met with a health fitness specialist (HFS) who started having him document his food intake in a journal. He would send weekly reports to the HFS and she would complete a nutrition analysis of his eating habits. He discovered his sodium, alcohol and sugar intake were high. He also completed a biometric assessment of his weight, body mass index, percentage of body fat, percent hydration and blood pressure.

The Change: “Before, healthy eating and exercise was a chore and hard to do. Now it is more of a habit and I look forward to it. It pushed me to do what I should be doing instead of sitting on the couch. Rather than eating junk food I found recipes that I like, are healthy and taste good. I prefer these over McDonalds. I cut out soda and sauces like hot sauce and soy sauce to reduce my sugar and salt intake. I make my own sauces and use herbs and spices without salt and olive oil. On the weekends I had a tendency to drink 5–6 alcoholic beverages Friday night, Saturday and a few during the week.” He no longer drinks alcohol during the week and only has 1-2 or none on the weekend. “Having the accountability of the program really helped.” He continues to attend biweekly biometric screenings in the Eastman building offered by the HFS.

Outcomes: “My blood pressure is normal now and I have lost 25 pounds. I reduced my body fat to an athletic range.” In terms of energy, Ethan notes that “I don’t have the ‘afternoon crash’ like I used to. My running time also improved from a 10 minute mile to 8:20 minute mile.”

For coworkers contemplating a change Ethan’s advice is “Stick with it for an extended period of time. Sometimes you don’t see the results right away but over the long run I saw great results. It’s a lifestyle.”

Better Me Wellness is ready to help you achieve your goals.