



“WHO I AM TODAY IS NOT WHO I’VE ALWAYS BEEN”

MEET RJ

As a former college football player, RJ was an active young adult. However, once he graduated college and transitioned to a desk job, things changed. RJ found himself eating out often and leading an inactive lifestyle. He had no motivation to exercise and no one to hold him accountable. RJ used his upcoming wedding as a way to motivate him to hit the gym a few times per week, but still, something was missing.

THE SPARK

In October 2011, RJ found himself at a crossroads. He completed his HealthCheck360 screening and was disappointed to see that his cholesterol, liver enzymes and triglycerides were all high. Facing the numbers was a turning point for him. “There’s no lying when it comes to the blood work,” he says. During that time, he also discovered he was going to be a dad. RJ began to envision a different life for himself and his growing family, so he started to search for an answer. After trying many different forms of exercise, he found his passion in triathlons.

THE TRANSFORMATION

RJ knew changes were not going to form overnight so he joined a triathlon training group and found the support and tools needed to succeed. He asked for help when needed and took the training process slow. After completing his first triathlon, RJ was hooked. Triathlons give RJ purpose and he says it makes him “a better employee, dad, and husband.” RJ’s numbers have improved significantly and throughout his journey, has lost over 80 pounds.

THE REWARD

This year RJ will be completing his 50th triathlon! He credits the HealthCheck360 screening as a huge contributor to his transformation and his continued success. Every year the screening is a way for him to stay motivated and allows him to see all his hard work pay off. RJ is grateful his employer, Dupaco Community Credit Union, invests in their employees’ health. These days RJ is maintaining an amazing health score, has a passion for his health, and is living his best life.