

Healthy Hall of Fame
Julian Rivas- Staff
(HR Specialist/Assistant Recruiter)
Fall 2018

Healthy Changes:

A few years back, Julian suffered a series of several injuries including a back injury, a broken thumb, a broken hand, and shoulder problems. He felt defeated because he couldn't keep up with his normal workout routine. He originally didn't like the idea of resistance band exercises because he knew he wouldn't get the same results as weight lifting. Eventually, he turned to physical therapy to help get his strength back. Through physical therapy, he became open to other ways of exercising and using tools like the band to work through those injuries.

Julian's Goals:

Weight lifting – Julian sets target weight amounts over monthly periods and increases them the next month.

Nutrition – Julian incorporates fruits & veggies or protein shakes during the week to maintain balance.

Future – Julian wants to get back to the physique he was before his injuries.

Current Workout Plan:

Julian works out during his lunch break 5 days a week at the LCC Fitness Center with his buddy, Marco. He does weightlifting and high intensity cardio; focusing on a different muscle group each day. He also plays basketball 3 days a week after work.

Healthy Eating Habits:

Julian tries to create a balance of eating healthy options, especially during the week. He incorporates fruits, veggies, and protein bars into his diet. Healthy eating is new for him, but he realizes the importance of it, especially as he gets older. He is paying more attention to what his body is telling him and limiting unhealthy options.

Julian's Motivation to Make a Healthy Change:

Julian has worked out, lifted weights, and played sports since he was a teen. He feels better when he's maintaining a healthy body. After suffering numerous injuries, he knew he needed to stay motivated.

Sticking With It:

Having a workout partner motivates Julian because they are motivating each other to push to that next level. Julian is knowledgeable in weightlifting techniques and enjoys helping others. Using this knowledge is motivating because others are seeing results and reaching their goals. He is able to push harder to reach his own.

Julian's Advice to Others:

"Treat yourself, don't beat yourself."

Julian feels that many times people push themselves too hard and aren't enjoying their workout routines. If you aren't happy doing what you're doing, it's not going to stick and you will go back to bad habits. So, don't overdo it. Stick with a pace you can comfortably handle. You will see results. Julian also encourages others to listen to what your body is telling you. If you are hungry, eat! Try to incorporate more healthy options as often as possible.