

As the Health Alarm Bell Rings,
Chefs Heed the Wake-up call

TO WELLNESS

Three Inspiring Stories of
Recovery and Renewal

By **Melanie Young**

Working in a kitchen is demanding. The idea of "pressing forward," even when your body says, "I need a break," has long been the norm in the restaurant business. Early in a chef's career, this do-or-die attitude is exhilarating but long hours standing over a hot stove in a fast-paced setting where every minute counts will eventually take its toll.

Jean-Christian Jury, Seamus Mullen, and Steve McHugh are three chefs that learned wellness is a lifelong commitment and how they treated their bodies mattered. Don't wait for a major health setback to make healthy changes to provide energy and drive to move forward and thrive.