

**WHOLE FOODS MARKET**  
**Day in the Life**  
**Distribution Center Team Member**

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CHRIS CONDON: My name is Chris Condon. I'm an order selector/shipper at Whole Foods Denver Distribution. My favorite part about my job is, I get to come to work and drive a forklift every day. And so it's nice being able to move around and kind of have that freedom to run the warehouse and not having somebody over top of me. The fact that they trust me enough to go out there and do what I need to do, and my numbers are going to reflect what I'm doing on the floor. There's a lot of physical weight. We push a lot of produce and a lot of product through this warehouse. And it's a lot of picking up and putting down heavy stuff, but after eight to ten hours of lifting 40 to 50 pounds constantly throughout the way, it's a bit much if you're not used to it. And I mean either you can do it or you can't.

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CHRIS CONDON: We need people who are honest, hardworking and definitely attentive. This is a very tightknit group. We understand that we all have a job to do and we have to efficiently and we have to do it effectively. And we have to be able to work well with others and you have to be able to see eye-to-eye and put aside your differences. But we do trust each other. It's a team effort and it takes every one of us to, you know, keep us going safely and keep us going home in one piece at the end of the night. This has to be one of the best jobs I have ever had. Honestly, aside from the fact that it is a hard labor or a labor-intensive job, everything else that comes on board with it makes it work. I have fun at work and a lot of people don't say that.

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CHRIS CONDON: And it's kind of therapeutic in a way. All the numbers might seem a little bit much to everybody else but the way I stack the pallets and build everything up, it's kind of like playing Tetris. I don't know, it just clicks.

[END OF TRANSCRIPT]