



Name: Lori Taft

Job title: Systems Analyst 2

How long have you worked here?

7 years

How do you stay healthy at work?

Walking, eating healthy lunches

What has been your favorite wellness event or activity to participate in?

Spring Walking Challenge (Editor's note: Lori competed on the HIT Squad, who were major contenders in the competition)

What's one thing that we don't currently do that you'd like to see us do?

Classes at our facility (weights/low impact)

What is your favorite healthy meal?

Salads

What is one health goal you are currently working on?

Losing 10 lbs and running another 5k