



Name: Todd Reeger

Job title: UF Health Shands Client/Server Analyst

How long have you worked here?

7 years

How do you stay healthy at work?

I bring healthy lunches to work, go for an occasional walk, and recently joined the Turbo Fit program at the UF Health Fitness & Wellness Center.

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

It's difficult to choose my favorite. The Couch 2 5K program inspired me to run my first 5K, I enjoy the company of others during the group walks, I learned so much during the nutrition class, and I like seeing my progress during the body composition screenings. I think the most useful would have to be the nutrition class. I find myself reading nutrition labels all the time and putting back many items that I would have bought thinking it was healthy.

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

I would like the group walks to continue. I can't think of anything else right now.

What is your favorite healthy meal?

My favorite go to healthy meal is spaghetti made with ground turkey and brown rice pasta. It is easy to make and tastes just as good as regular spaghetti.

What is one health goal you are currently working on?

Eating healthier and losing weight.