



Name: Kathryn Kebschull Robinson

Job title: Human Services Counselor/Visual Supports Specialist

How long have you worked here?

13 years, 4 years part-time and 9 years full-time

How do you stay healthy at work?

I go for short walks, take the stairs not the elevator, and try to stay hydrated.

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

The spring walking challenge. [Editors note: Kathryn competed on Team CARDio]

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

Some kind of "brain breaks" or fun mental challenges.

What is your favorite healthy meal?

A nice spring lettuce salad with walnuts, cranberries, goat cheese and chicken.

What is your favorite health or wellness book?

The Daniel Plan, 40 Days to a Healthier Life

What is one health goal you are currently working on?

I am trying to lose ten pounds and do more stretching.