



**Name:** Tammy Bleeker

**Job title:** Manager, Pediatric Medical Education

**How long have you worked here?**

Just had my 3-year anniversary last week!

**How do you stay healthy at work?**

Pack my breakfast and lunch. Take brief walk breaks even just to walk down the hall. Drink my water throughout the day.

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

Liked the healthy at home challenge and also the walking challenges. I really enjoy having others on our peds team join in.

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

Possibly participate in the Whole Life Challenge or UF's own version.

**What is your favorite healthy meal?**

Love carne asada with cauli rice bowls. Making this week!

[Carne asada salad recipe](#)

[Cauliflower rice recipe](#)

**What is one health goal you are currently working on?**

Doing the whole life challenge right now over the next 8 weeks. Fun, competitive web-based challenge ([www.wholelifechallenge.com](http://www.wholelifechallenge.com)) This includes a daily focus on sleep, water, clean eating, mobility and exercise. Each week has a different lifestyle challenge and this week's is 10 minutes of journal writing daily. Aside from that, I am meditating daily and also have cut down on tv time.