



Name: Jason Ratelle

Job title: Radiology Administrative Assistant

How long have you worked here?

I've worked at UF Health Shands Hospital for three years.

How do you stay healthy at work?

I try to be as mobile as possible. If I can get up and talk to someone in our department instead of sending an email, I try to walk to their desk or office. I also always drink plenty of water.

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

I really enjoyed the Walking Challenge. It helped make me and others around me to get up and be more active. The motivation and competition was great.

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

I would like to see a nutrition challenge, something like a Whole30 food challenge to help encourage people to eat clean products not fat free processed food items.

What is your favorite healthy meal?

My favorite healthy meal is spaghetti squash topped with homemade tomato sauce and grass fed beef meatballs.

What is one health goal you are currently working on?

I am currently training to run my first half marathon (13.1 miles). I am registered to run in the Lake Powell Half Marathon in Arizona/Utah on October 17, 2015.