



**Name:** Gabe (Le Magnifique) Ruiz

**Job title:** Education & Training Specialist

**How long have you worked here?**

Been with the organization (UF Health) on and off since 2001 and with the Training Department about 10 months. UFP TRAIN! That's a shout-out to my crew. ;-)

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

Daily ritual of outside walks for mental clarity and emotional reboot, stairs, and plenty of water.

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

Zumba is the most recent. My next goal is to become more involved in running events and to begin attending the Pilates classes made available.

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

Good question. Not sure, but we could always GO BIG! BIGGER!! BIGGEST!!! Maybe a festival format with all the respective disciplines being showcased in one big bash! Have we done that?

**What is your favorite healthy meal?**

Shakshuka. Poached eggs in a spicy tomato base with herbs and olive oil. Can't live without it – or legumes and grains for that matter. Both are very filling and do not leave me lethargic trying to process it.

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

Upping my minutes per mile in my running regiment.