



Name: Vicki Bedford

Job title: Insurance Clerk at the Student Health Care Center

How long have you worked here?

2.5 years

How do you stay healthy at work?

Try to watch what I eat and try to walk as much as possible since I have a desk job.

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

Free yoga!

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

Have an inexpensive gym for employees or even be able to use student facilities at a reduced cost. Also make more perks available to OPS employees.

What is your favorite healthy meal?

Big colorful salad with a variety of veggies, fruits, nuts and protein.

What is one health goal you are currently working on?

Technically weight loss but I call it getting healthy. The goal is to eat healthy (stick to it!) which will cause weight loss and increased energy and allow me to be more fit and physical. I have a granddaughter due in February and I want to be able to run and play with her!