



**Name:** Cathy Zorilo

**Job title:** Senior Quality Improvement Specialist in the Quality Department

**How long have you worked here?**

This time since April 2008. I worked here in the mid 1980s for about four years.

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

I pack salads for my lunch and maintain a stash of healthy snacks in my office. I carry a refillable water bottle in my bag.

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

Healthy Home Challenge!

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

Sleep Challenge! I know it sounds weird but the majority of workers are not getting enough quality sleep. Fitbit monitors my sleep for me and I have learned that I function the best with 7- ½ hours nightly.

**What is your favorite healthy meal?**

Grilled Salmon, fresh steamed asparagus, quinoa/ tabbouleh salad, fresh mixed berries, and Izze's sparkling grapefruit drink

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

Firming up and weight reduction go hand in hand: I have a 40th High School Reunion this summer and want to rock a bikini!