



Name: Cary Putnal

Job title: Admissions Officer

How long have you worked here?

I am a UF alumni and have worked for UF for a year and a half.

How do you stay healthy at work?

I bike to work every day (rain or shine), take short walking breaks every hour or so, or sometimes instead of walking I will stand up and do twenty squats.

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

The Windows to Wellness event. (Editors note: this was the big wellness fair held at UF's Emerson Alumni Hall in January of this year.)

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

I think it might be fun to have an employee bicycle race. UF has some great bike friendly roads and it could be a nice opportunity to encourage more employee bicycling.

What is your favorite healthy meal?

A lean burrito.

What is one health goal you are currently working on?

Working on getting into shape to run a 5k.