



Name: Christine Winget

Job title: Assistant Director of Human Resources, Department of Housing & Residence Education

How long have you worked here?

I have worked at UF since July 2006.

How do you stay healthy at work?

When I am well-balanced, I take 2 quick walks during the day outside. It gets me moving, plus I get to enjoy the outdoors for 15 minutes. I always have a water cup on my desk to make sure that I am getting enough fluids. I could definitely do more!

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

The step challenge! I have a FitBit, but being a part of a team made me really work to get in as many steps as possible every day because I knew my team was counting on me!

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

I think it could be fun to have a virtual running group. I know there was one for first time runners, but maybe something that is for people that already run. We could meet up once in a while, but otherwise log our miles on some sort of site where we could have an incentive for running and be part of a community.

What is your favorite healthy meal?

I love grilled chicken and broccoli. I could probably eat it every day!

What is one health goal you are currently working on?

Only one?! I am trying to get back into my running routine. I was doing really well and then I got sick and now it is time to get back out there. Running every day really helps to center me and reduces my stress.