



Name: Scott Fanning

Job title: Senior Accountant, UF Health Shands - Finance and Accounting

How long have you worked here?

4 years

How do you stay healthy at work?

The biggest and probably the toughest thing I do to stay healthy at work is eat healthy whole foods. Meal prep on the weekend is something I've been working on to help achieve this. I also enjoy participating in the wellness walks and visiting the Fitness and Wellness Center as often as I can.

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

The walking challenge was my first event participating in and a lot of fun. It was motivating to see so many taking part and just how many steps people were walking. I know it challenged me to walk more than I would normally.

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

A challenge that helps participants establish calorie goals and managing macros

What is your favorite healthy meal?

Steak and veggies

What is one health goal you are currently working on?

I am currently working on managing my macronutrients and increasing muscle endurance. I just completed a 6 week health and fitness challenge that really helped me understand what I was eating.