



Name: Jesse Killinger

Job title: Executive Assistant

How long have you worked here?

2.5 years

How do you stay healthy at work?

I try to drink as much water as I can and enjoy going out for walks on campus as often as possible.

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

Step challenge! My team has a lot of fun – we make a point of trying to do group walks together. This gives us an opportunity to chat outside the office but also gets us on our feet!

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

I love the yoga class held on Tuesdays (though I can't always make it). I would love the option of going at different times/days, maybe even an option that takes place before or after the traditional work day.

What is your favorite healthy meal?

I love a good salad with lots of “stuff” as toppings – artichoke hearts, bell peppers, cucumbers, hard-boiled egg, feta cheese, kale, quinoa, walnuts, smoked salmon, apples... I don't usually use all those toppings all together, but I like a salad that has more substance than just lettuce!

What is one health goal you are currently working on?

I am trying to build up my exercise routine so that I complete at least 30 minutes (or more) of exercise at least 5 times a week. Whether it's running, weight-lifting, walking, yoga or others...I feel better when I am active!