



Name: Kim Doak

Job title: Investment Corporation— Office Manager, UFICO Secretary

How long have you worked here?

Almost 12 years

How do you stay healthy at work?

Drink lots of water, keep healthy snacks at my desk and walk to the gym for a workout on my lunch hour

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

I've only participated in the biometric screening thus far

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

I would like to participate in a wellness event or activity. If I cannot create a team within my department, I would like to be able to join other teams or departments

What is your favorite healthy meal?

My current healthy meal is spiralized zucchini and chicken with tomatoes

What is one health goal you are currently working on?

Working on lowering my blood pressure and losing weight (as always)