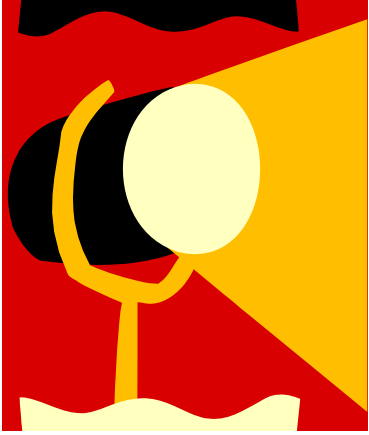


University of Delaware

Employee Wellness Center



Employee Spotlight



This month, the Employee Wellness Center's Spot Light is on Debbie Coffin. Debbie attests that she has always been conscientious of living a healthy lifestyle. "Health is directly related to longevity and living a quality long life is important," she says.

Although Debbie has been employed by the University of Delaware for nearly five years, it was a 2008 New Year's resolution that prompted her to take advantage of the Employee Wellness Center. Debbie worked with Linda Smith, who taught her some useful exercises and techniques that would help her combat some aches and pains Debbie began experiencing in the upper back and shoulder areas. "Sitting at a desk and in front of a computer for many years has caused some ergonomic discomforts."

Debbie finds that her daily workout (she is committed to getting in at least 3 per week on her lunch hour) is also a source of stress and tension relief. It is an hour that she can take to herself and get the blood moving. She also uses this time to "problem solve." Debbie feels having the Wellness Center is a great "perk" for UD employees; having the convenience to take advantage of exercise during her lunch hour provides added time to devote to family when the work day is done.

We want to thank Debbie for her charisma and enthusiasm and congratulate her on living well and setting a great example for others!