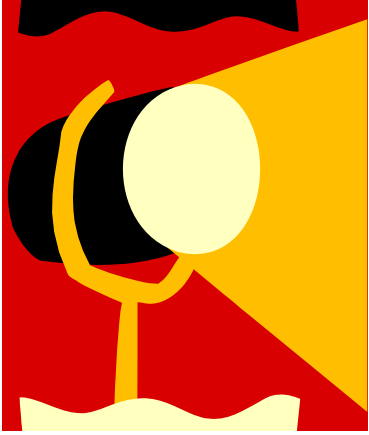


University of Delaware

Employee Wellness Center



Employee Spotlight



Tom has been with the University of Delaware since June of 1986. During his 22 years here, Tom has used the Employee Wellness Center at various times, but had always found a reason to stop. About four years ago, Tom said, "I am sick and tired of being sick and tired". With a history in his family of diabetes and obesity, he decided that it was time to make a change in his life.

Since, Tom has committed to his health with no more excuses. To date, he has lost 55 pounds and feels much healthier. He says, "It's nice to see results like lower blood pressure and definition forming in my arms and legs". Tom sets new goals every 3 months to aim to achieve. He says, "If I don't meet them, I just move on and don't beat myself up over it. I take it one day at a time. Health is a gift that is priceless".

Tom says that the Employee Wellness Center has a nice mix of weights and cardio equipment. Through the years, the staff had been very helpful and available for any number of questions. He has met some great people in the fitness center and has formed many great relationships. The hours meet his needs and the short term programs are a nice motivation. "The Employee Wellness Center is a benefit that I am very happy to have!"

Tom is a regular in the fitness center. He is a very outgoing person and is usually "jamming out" during his workouts. Feel free to stop Tom and congratulate him. Congratulations Tom, and keep up the GREAT work!

