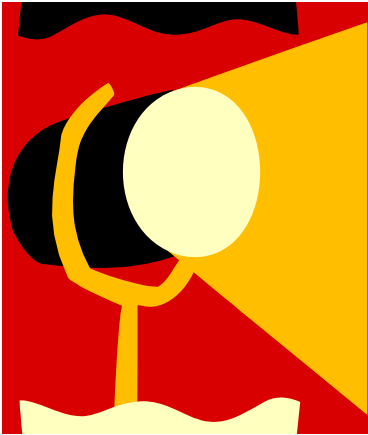


University of Delaware

Employee Wellness Center

Employee Spotlight



Corinne has been regularly using the Employee Fitness Center since November 2006. In 2006 she decided that she had tried too many diets over the years, only to gain the weight back. Her husband and herself changed their eating habits and learned to eat a well balanced variety from all food groups. Along with changing her nutrition, she was motivated to exercise more often. She first met with a staff member and toured the gym. Once familiar with the gym, she met with Linda Smith for some tips. "Linda was awesome in teaching me fitness techniques on equipment and weights."

To date, Corinne has lost 85 pounds and is now focusing on toning. Corinne says that her motivation was and still is her husband and daughter. "In the past when I'd hear someone say how much energy they have and can play with their kids, I used to think it was a cliché, but it is TRUE!"

Corinne is a regular in the fitness center and Throwback Tuesday events. She always wears a smile on her face and constantly motivates others. Congratulations Corinne, and keep up the GREAT work!

