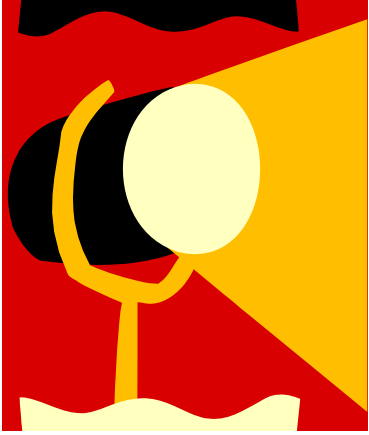


University of Delaware

Employee Wellness Center



Employee Spotlight



Ruthann Brookens is a UD retiree who is committed to maintaining a healthy lifestyle. While employed in the Facilities Department, Ruthann was a frequent participant in Employee Wellness programs. She also actively supported her coworkers in their health by encouraging them to participate along with her.

Ruthann is frequently seen in Carpenter Sports Building where she enjoys swimming and using the Employee Fitness Center. Her routine of low impact aerobics using the elliptical trainer and strength training using the Life Fitness machines is keeping her vibrant and strong. She continues to sign up for various Wellness Center programs and finds they provide her with the short-term motivation needed to stay on track with her plans.

Be sure and meet Ruthann the next time you are in the EFC– you'll be sure to appreciate her positive attitude and words of encouragement!

