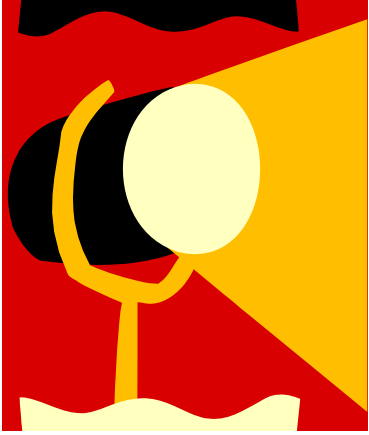


University of Delaware

Employee Wellness Program



Employee Spotlight



Keeping chemistry labs running smoothly takes long hours and a lot of energy. Laboratory coordinator for U.D.'s Chemistry and Biochemistry Department, Federico Cruz, finds his energy at the gym. Fred's lifelong commitment to health began as a child when his father encouraged him and his siblings to find activities they enjoyed and to stick with them. Fred explains, "My dad instilled in us that regular physical activity was as important to our health as eating well and getting enough sleep. He was a role model to me as I watched him participate in martial arts, running and weight lifting. He was always enjoying a variety of activities."

Fred is committed to his fitness routine and keeps careful records of his progress. He has become friends with many fellow employees who workout at the same time that he's in Carpenter Sports Building. Fred explains the key to his success by saying, "I set small, attainable goals and incrementally increase my work over time so that my progress is consistent. I try not to compare myself to others- I'm exercising for my own wellbeing. My workouts energize me for the rest of my day."

Whether he's lifting weights in the Employee Fitness Center or enjoying the early morning employee-only step class, Fred's enthusiastic and friendly demeanor keeps everyone smiling... and enjoying their workouts.