Wellness Ambassador of the Month
Renee Cardinale – UC Davis Health Department of Neurology

How long have you worked at UC Davis?
I’ve been with UC Davis for a little over six years.

What does wellness mean to you?
What wellness means to me is overall physical and mental well-being.

Why did you become a wellness ambassador?
I’m very thankful that I happened to be kind of pushed onto the position by my manager and supervisor. Looking back, it was a great choice to make.

How long have you been a wellness ambassador?
I’ve been a wellness ambassador for about two years.

What has been rewarding or positive about your experience thus far?
Our clinic received a mini-grant, which we used to purchase some equipment that can be used at our desks. It makes me feel good when I see coworkers using this equipment to help promote relaxation, or when I see people taking walks and sitting on balance balls to improve their health and activity during the work day.

What are some of the challenges you face as a wellness ambassador?
The biggest challenge I’ve has is that the clinic I’m a part of is very busy and we’re not all able to take breaks at the same time, so it can be difficult to speak with everyone about the latest wellness updates.

What is one piece of advice you would like to share with new wellness ambassadors?
Just do it!! There is so much positive energy and information that you learn and can then pass on.

Staff and Faculty Health and Well-being aims to build an environment that makes the healthier choice the easier choice, while providing staff and faculty with the required support to make UC Davis the healthiest community. How do you feel you have contributed to our mission?
I encourage the staff in my clinic to join in on challenges put on by UC Davis, as well as invite everyone to participate in 5k runs/walks in the community.

What is your favorite thing to do in your spare time?
I have found a new love for the aqua class through UC Living Fit Forever. I’m also a big fan of Zumba!

Renee (3rd from left) and coworkers stay active by participating in local runs and walks!