



**Abigail Loose, M.S., CHES**

**Wellness Supervisor  
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Abigail Loose is the GatorCare wellness supervisor for UF Health at the University of Florida, where she leads with a deep passion for holistic wellness. She holds both bachelor's and master's degrees in health education and behavior from the University of Florida. With three years of experience in worksite wellness, Abigail excels as a health coach, guiding employees toward healthier lifestyles and designing effective wellness programs tailored to their needs. She is a Certified Health Education Specialist (CHES) and a Certified Motivational Interviewer, with a specialty in working with health care workers and the nursing population. Notably, Abigail leads the hospital-wide Nurses Week activities for over 5,000 nursing staff at UF Health. With a personal focus on physical and environmental health, Abigail is dedicated to inspiring and empowering others to achieve their wellness goals. She believes in a holistic approach to health, integrating mind, body, and environment to create a balanced and fulfilling lifestyle.