

**Farmington Public Schools Healthy Heroes**

Farmington Public Schools Healthy Heroes are employees that have made positive changes in their life around wellness. Positive changes can mean a lot of things, and might include:

weight loss, healthier eating, reduction of health risk factors, finding time for physical activity, reaching a fitness goal, achieving stress and work-home life balance, making a healthy change in your classroom or building or community involvement/volunteering.

We are looking for Healthy Hero’s in our school district…Nominate yourself, another colleague, a classroom or an entire building. Let’s inspire each other to be healthy!!

Use these questions as a guide to provide some information on the person(s) you are nominating and send to your building Wellness Representative…

1. In what area have you achieved Well-Being success (weight loss, healthier eating, fitness goal, healthy change in classroom/building, or work/life balance)?
2. What inspired you to begin this journey or prompted you to make a change?
3. What advice do you have for others that want to make similar changes?
4. Other information that describes the healthy change/activity this person(s) is making for themselves or in our school community.
5. Are you ok with this information being published by the district and/or the Wellness web page? Submit a photo of your Healthy Hero if you wish.

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Print Name Signature Date