

HEALTH HEROES 2019

Name	Location	
Laurie Bagford	Clinton Elementary	Laurie has been an inspiration at our school for her hard work in losing weight. She goes to the gym regularly, eats in a healthy way, and she isn't afraid to share on social media how she is doing so others can be inspired by her progress or relate with her struggles. Laurie is not seeking attention when she does these things, she just wants to stay on her chosen path. Laurie is really admired for her hard work and dedication.
Cathalenia Bell	Northridge High	Cathy is a rock star! Cathy has completely changed her life by creating new healthy habits. Because of the changes she has made, she has lost a whopping 90 pounds! She shares her health journey openly with those around her as well as on social media. She is the perfect example that you can accomplish anything if you set your mind to it and commit.
Brad Chapple	Davis High School	Anyone who knows Brad, knows he a masterful chef and an ardent foodie. He has made some difficult changes this year that have led to healthier results. He is taking better care of himself and the results are showing. At last count, he had lost over 50 lbs. What an accomplishment!
Allen Dodge	North Layton Jr.	Simple changes can bring significant results, as Allen Dodge of NLJH can attest. When he decided to start a walking regimen, he committed to it – walking every day, cold, rain, or sunshine. Sometimes he walks as much as 12 miles a day! He shares his route and photos of “farm friends,” wildlife, and scenery with his friends and co-workers. They admire the way he’s stuck to his new lifestyle. Allen says he’s feeling wonderful and when “the afternoon weather is calling to take a walk, [he] must heed the call.”

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<p>Lyndsi Drysdale</p>	<p>West Point Jr.</p>	<p>Lyndsi says, “It may sound silly, but I have taken back my life. In the last year and a half, she has lost 220 lbs and in the journey has found a new love for life! Lyndsi says she loves being able to reach her toes, fit in her car, run around with her kids at the park, and stand for more than an hour at a time. She receives encouragement every day from her friends at West Point Jr. Lyndsi is excited to be finishing her first year at Davis School District. She loves being a part of a supportive district and wants to pass on encouragement and help to others.” I think I can speak for everyone when I say that Lyndsi is amazing and her attitude on life is infectious!</p>
<p>Jeff Emery</p>	<p>Viewmont High School</p>	<p>Jeff has made big changes in his life. He has changed the way he eats and is doing an amazing job in his new plan to be healthier. His dedication and hard work are paying off. At last count he had lost over 80 pounds. He may not know it, but Jeff is a huge inspiration to his co-workers at Viewmont High!</p>
<p>Sandy Essler</p>	<p>Colombia Elementary</p>	<p>Sandy is trying to make changes in her life and those around her. Along with other awesome challenges, she has started a Zumba group to help with fitness and uplift moods. She sends out positive and uplifting weekly emails to give a boost of encouragement. Sandy is a great example of a health hero.</p>
<p>Helen Hunter</p>	<p>Nursing</p>	<p>Helen has been a champion at following the Weight Watchers program. She has lost 64 pounds has been able to cut back or eliminate medications. She has been very dedicated to the program and it shows! She is happier and has proven that watching what you eat makes a big difference!</p>
<p>Neesha Killpack</p>	<p>Holbrook Elementary</p>	<p>Neesha knew she was ready to make a change. She put in motion a plan for a transformation. She is dedicated and is an amazing example of what you can accomplish if you set a goal and stick with it. Her staff at Holbrook is so proud of her!</p>

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Belinda Kuck	Teaching & Learning	Belinda has made major changes in her life regarding healthy eating and has committed herself to living a healthy lifestyle based on the food choices that she makes. Her health has improved dramatically over the last year and she has lost over 80 pounds! She exercises consistently and her hard work and dedication has paid off in a healthy body and mind. She is an amazing example of determination!
Brett Lund	Family Enrichment	Brett is great example of someone that values their health and encourages those around him to be healthy both physically and mentally. He is the fatherhood representative for our program and goes out to the classrooms and encourages dads/father figures to be involved in their children's lives. When he does this, he does either a soccer or t-ball daddy day. He encourages the dads/father figures to spend that quality time with their children through play/exercise.
Cynthia Purdy	Farmington Jr.	Cynthia started walking the halls after school every day. She inspired some of her co-walkers to walk with her. Soon there was a group who all walked the halls after school. This new lifestyle helped Cynthia change in many ways. Her outlook improved, her body changed dramatically, and her co-workers benefited from walking together and helping each other out. It has been so fun to see Cynthia's transformation into a positive force for herself and Farmington Jr.
Christine Scott	North Davis Jr.	Christine has improved her overall health this school year. She has been consistent, lost a bunch of weight (over 100 pounds!), has more energy, and seems overall happier. She is regularly training and running in marathons. Way to go Christine!

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Guy Warnock	Computer Tech	Guy has recently made a significant change in his life that has positively impacted his physical health and that of others as well. His choice to adopt a low-carb lifestyle was motivated by his wife receiving medical advice that this would positively impact her health. He decided to help her by adopting the same diet along with her and has been rigorously following this new lifestyle. As a result, he has lost over 30 pounds, reduced his blood pressure, and motivated others around him to make positive changes as well.
Ben Wheeler	Centennial Jr.	Ben has impressed his entire school with his discipline towards eating healthy, exercise and mindful practices towards a balanced life. He is a great father, PLC leader and extraordinary teacher. Through his diligence to healthy diet and exercise, he has lost over 45 pounds and has gained health. He is an example to other staff members and to his students.