

SCHOOL DISTRICT 197

West St. Paul + Mendota Heights + Eagan Area

Wellness Committee Healthy Hero Award

School District 197 Healthy Heroes are employees that have made positive changes in their life or the lives of students regarding wellness. Positive changes can mean a lot of things, and might include:

Weight loss

Increased physical activity

Community involvement

Healthy eating

Reaching a fitness goal

Volunteering

A reduction of health risk factors

Achieving work-home life balance

Classroom wellness

The Wellness Committee is looking for Healthy Heroes in our District 197...Nominate yourself, a colleague, a classroom or an entire building. Let's inspire each other to be healthy!!

Please submit this form and a brief description of your nominee's wellness activity or initiative to your school's Wellness Champion or principal.

Use the questions below as a guide when providing information on the person(s) you are nominating.

- 1) In what area(s) has your nominee achieved success (ex. weight loss, healthier eating, fitness goal, healthy change in classroom/building, or work/life balance, etc.)?
- 2) What inspired your nominee to begin this journey or prompted them to make a change?
- 3) How can others make similar changes like your nominee?
- 4) Other information that describes the healthy change/activity your nominee is making for themselves or in our school community.

Please note that, if your nominee is selected for an award, your name and nomination letter will be published (print, website, social media, etc.) by the School District 197.

Print First and Last Name

Date

Email Address

Phone Number