



My name is Natalie Sandoval and I am the HealthCorps Coordinator at Anderson New Technology High School. I would say I am classified as a Wellness Champion because I aim to be a consistent role model and advocate for everyday healthy habits! I believe in the power of exercise, nutrition, sleep, and stress relief as the foundation to achieving maximum personal success. I'm amazed, at a scientific level, at what healthy lifestyle choices can do for us, though I try to make things fun and relatable for those who aren't as geeky as me about cells

and enzymes. My "secret" to wellness is to find healthy choices that are personally enjoyed, and to be balanced with those choices. I am a lover of all things fruit, nature, and friendly competition- but I also enjoy brownies, wasting hours on pinterest, etc. I have a reputation at New Tech as the "Health Lady", but I try to explain to students that I am a normal human being, faced with many of the same temptations and challenges. I am a "Wellness Champion" because I prioritize health as my most valued possession. From that perspective, healthy choices become less daunting, and the natural next step is to make sure those choices are enjoyable so they become habit!



My name is Cameron Lievens and I am the Worksite Wellness Coordinator for Shasta County. I consider myself a Wellness Champion because I am a huge advocate for making the healthy choice the easier choice. I firmly believe more time should be spent on your feet rather than on your seat. I walk the talk everyday by taking my two 15 minutes breaks at work by walking outside (even when the weather conditions are extreme). I routinely take stretch breaks at work and make sure I never spend too much time sitting. Outside of work you can consider me a recreationalholic (addicted to activities). Truthfully, I have too many hobbies to list but my favorite times are spent backpacking, fishing, kayaking, biking, and exploring the world by foot. I love living an active life. But don't get me wrong, I get my fair share of Netflix, but you'll notice my body never stops moving even when I am sitting.



My name is Brenda Palmer and I am the Executive Director of Human Resources for the Shasta County Office of Education. SCOE is in its fourth year of a worksite wellness program. We all spend an incredible amount of time at the worksite and I am passionate about creating and supporting a culture of health that supports our employees' desire to lead healthy and productive lives through making healthy choices.

My initial interest in worksite wellness began as I started learning more about our health insurance program and how, as members of our self-insured pool, we have a responsibility and a direct impact on controlling those costs. I also became aware of America's health crisis and how diet and exercise can help prevent most of the chronic diseases that American's battle every day.

My husband and I enjoy many outdoor activities together; hiking, kayaking and biking. I also enjoy walking every day and yoga classes a few times a week. I know that when I am eating healthy, getting plenty of sleep and staying active, I feel better and am more productive at home and at work. I want that for all of our employees!



Hello, my name is Betsy Amstutz and I am a Patient Educator at Shasta Community Health Center. What makes me a wellness champion? My excitement and passion for sharing and helping others reach their health potential.

I walk the talk by teaming up with our Wellness Committee and Council to create a culture of health awareness for the Employees at SCHC. We have worked together to provide healthier options in our vending machines, participate in bike challenges, and offer free fitness classes for employees. Our program, *We are Wellness* holds monthly events covering all aspects of Wellness. One of my favorite events is our Laugh at Lunch that we host in April for Stress Awareness Month. We show a comedian standup DVD and have a healthy popcorn bar.

My mission as a Patient Educator and member of the Wellness Team is to help people break down the barriers that keep them from achieving their best health. On and off the clock, I enjoy living life in motion- hiking, swimming, backpacking, cooking/grilling, biking, and I running. I love spending time with people and experiencing new places. When I am active, eating healthy, laughing easily, sleeping regularly, and praying persistently I feel like I am living life to the fullest- a feeling that everyone deserves the chance to experience.



My name is Carrie Edwards and I am a Wellness Coordinator for Redding Rancheria. What makes me a wellness champion? Working everyday to help people make change for the better. Those changes may be tiny , but they are moving in the right direction. I believe that making the right choice everyday will reward you in the ability to do whatever you want. I enjoy getting out paddleboarding, hiking and biking. I also enjoy yoga and reformer pilates.