

# Wellness Champion

Hello, My Name is

Amy Selvey

River Ridge Highschool

1. If you could go anywhere in the world on vacation, where would you go?

Norway

2. What is your favorite dish?

Cedar Plank Salmon

3. Where are you the happiest?

So many places, at the beach, in the mountains, in the sunshine, with my grown boys, and there is no fighting. 😊

4. What is one thing in your bucket list?

Visit an amazing waterfall or lighthouse in every state

5. What's your favorite holiday?

My kid's birthdays and making sure I see them, no matter where they are.

6. What motivates you?

Having energy!

7. What is your favorite way to spend your free time?

Working in my yard, with my plants, and home improvements inside and outside. If I had money: traveling!!

8. If you could instantly acquire one talent or ability, what would it be? Why?

Play music on multiple instruments by ear because I love music and am fascinated by the gift of hearing someone sing, and being able to play an instrument along with them

9. What advice would you give to your younger self?

Brush and floss your teeth better every day. You won't ever avoid the effects of poor dental habits when you are young (25 and younger)

10. What do you like about being a Wellness Champion?

I like the idea of motivating those around me to make healthy choices. I LOVE sharing the benefits of the Health and Wellness Centers. They have been key in my health over the last few years and I am so grateful for the free services offered to me and my 3 boys.

