

# Wellness Champion

*Hello, My Name is*

*Richard Tonello*

## Planning Services

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

Number 1 on my travel bucket list is traveling across Canada by train

2. What is your favorite dish?

Anything Italian, but it has to be homemade

3. Where are you the happiest?

At home with friends and family

4. What is one thing in your bucket list?

Traveling to Asia, my bucket list is/are places that I want to travel

5. What's your favorite holiday?

Thanksgiving (food and family)

6. What motivates you?

Trying to do things (work, home and play) better and more efficiently.

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

Spending time with friends and family

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

Learning to read music, because it's something I am interested in.

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

Trust God

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

I like learning about the latest health and wellness information and then sharing it with others.

