

Wellness Champion

Hello, My Name is

Mary Ch-Hab

ARM

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

Portugal

2. What is your favorite dish?

Pizza

3. Where are you the happiest?

At the beach

4. What is one thing in your bucket list?

Swim in the Maldives

5. What's your favorite holiday?

Christmas

6. What motivates you?

I want to stay healthy for my whole life

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

Walking

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

Roller skating because it looks so fun and is great exercise but I have terrible balance!

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

Take care of yourself and never give up! Everything will be ok.

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

I love encouraging and motivating my coworkers to live a healthy lifestyle.

