

# HEALTHQUEST NORTHEAST CONNECTICUT

*ACHIEVING HEALTHIER COMMUNITIES TOGETHER!*



**WEDNESDAY, October 9, 2013**

**National Walk to School Day!**

**2:20 – 3:00pm**

**Woodstock Academy**

**Bowen Classroom 204**

**57 Academy Road, Woodstock**

**Walking to Wellness and Academic Excellence**

**Educators' Workshop**

**Featuring national recreational walking expert**

**Robert Sweetgall**

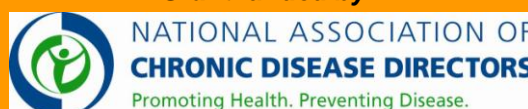
***“Transforming Your School into an Active Living/Active Learning Center:  
The 10 Healthiest Things Educators Can Do for Their Schools, Staff & Students!”***

***For administrators, principals, teachers, health & physical education staff, school nurses -  
anyone interested in achieving total school health, wellness and academic excellence!***

**Please register by calling the  
Northeast District Department of Health at 860-774-7350**

***HealthQuest is a collaborative public health partnership working to make  
northeast Connecticut a healthier place to live, work, learn, and play!***

**Grant funded by:**





# Robert Sweetgall

**A Most  
Entertaining,  
Energizing Speaker**



**Background** ♥ Robert Sweetgall, often called “the real” Forrest Gump, has walked seven times across America and is the only person to walk all 50 states (11,208 miles) in 365 consecutive days. Author of 17 books, Robert has appeared on hundreds of television and radio talk shows, including *NBC Today Show*, *Evening Magazine*, *Kathy and Regis Live* and *National Public Radio*. Robert has made 5,000 presentations to over one million people worldwide. ♥ In his former life, Robert was an overweight Brooklyn boy, cheesecake lover, high-school valedictorian, Dupont chemical engineer and ultra-marathoner. Motivated by a family history of heart disease, Robert gave up the cheesecake and his \$50,000 DuPont chemical engineering job in 1981 to take his health message on the road, literally, walking the talk across America. Years later, *The Wall Street Journal* read, “When Sweetgall walks, people listen.”

**Speaking Focus** ♥ Physical activity ♥ Walking ♥ Diabetes & heart disease risk reduction  
♥ Stress, obesity & weight management ♥ Motivational strategies ♥ Longevity & aging  
♥ Movement & brain-power ♥ School health ♥ Worksite wellness ♥ Total well-being

**Speaking Style** ♥ Spontaneous ♥ Sincere ♥ Strong audience interaction and bonding ♥ Humorous

**Speaking Stamina** ♥ Robert is an endurance speaker, often presenting five sessions to completely different audiences-- all in a single day.

**Target Groups** ♥ Hospital, school and corporate administrators ♥ Blue- and white-collar employees ♥ Health-care specialists ♥ wellness coordinators ♥ Conventions and conferences of all types ♥ Diabetes and cardiac rehab educators, physicians and patients ♥ School teachers (staff development) ♥ Students (kindergarten to college) ♥ Senior citizens

## Titles of Presentations

- ♥ Surviving Stress in a Wild World
- ♥ Physical Activity, Longevity, Aging and the Meaning of Life
- ♥ Motivation to Move . . . Fitting 6,000 Footsteps into a Frantic Day
- ♥ Walking Off Weight & Stress
- ♥ The 10 Healthiest Things Educators Can Do for Their Schools
- ♥ Walk on the Well Side
- ♥ The 14 Healthy Traits of Successfully Aging People
- ♥ Worksite Wellness on a Zero Budget
- ♥ The 5 Best Physical Activities to Reduce Weight, Stress, Heart Disease, Diabetes, Low Back Pain and Your Rate of Aging

## Scheduling

*To inquire about scheduling Robert Sweetgall for your hospital, school, corporation, conference or community, please call 1-800-762-9255 or email*

*Robert at: [rob@creativewalking.com](mailto:rob@creativewalking.com)*

*Visit [www.creativewalking.com](http://www.creativewalking.com)  
for more information*

## Partial Client Listing

- The DuPont Company • IBM • Johnson & Johnson • Blue Cross/Blue Shield • Travelers Insurance • Georgia Department of Education
- National Staff Development Council • USDA • Cornell University Cooperative Extension • Dartmouth College • Dade County Schools
- American School Food Service Assn. • American Alliance of Health, PE, Recreation and Dance • National Assn of Elementary School Principals
- YMCA's of America • WIC Program • American College of Sports Medicine • Kaiser Permanente • St. Luke's Hospital • Beaumont Hospital
- Geisinger Medical Center • US Air Force (all Pacific Rim sites) • US Dept of Defense • IRS • Delmarva Power and Light • Head Start Program
- Kansas & South Carolina School Nurses Assn • North Carolina Healthful Living Institute • Charlotte Mecklenberg Schools • Chrysler
- Westchester County Parks and Recreation Dept • American Association of School Business Officers • American Heart Association
- Tacoma / Pierce County Health Department • Wisconsin National Guard • Seattle Public Utilities • Orlando Regional Medical Center