

School Health Role Models Honored by HealthMPowers

HealthMPowers recognized three physical education teachers and one community member in Georgia for their commitment to improving the school health environments. Recipients of HealthMPowers' first Health Champion Award include:

- Armelia Ray Braddy, Teacher, Parkside Elementary in Atlanta;
- Lisa Brown, Teacher, Union Point Elementary School in Union Point;
- Julie Chartier, Teacher, Walter F. White Elementary in Atlanta; and
- Mike Neumeier, Principal, Arketi Group.

The HealthMPowers Champion Award was established in honor of HealthMPowers' founders, E. Andrew Isakson and Mary Johnson, to recognize individuals in schools who go above and beyond in implementing creative ideas to promote, support and enhance health, nutrition and physical activity in their school.

Featured this month: Lisa Brown



Lisa Brown with at students the Body Walk

Brown has been with Union Point Elementary School for 15 years. She is a consistent advocate for health – hosting an annual Movin' and Groovin' night, where students can educate their parents about the health exercises and nutrition information they've learned; developing the health promotion program, Catch a Teacher Being Healthy, which is now available for all the schools that HealthMPowers serves; creating the student health council, Power Up Kids; and facilitating an annual pedometer contest.

"From my frame of reference, having been an administrator for 15 years and a principal for five years, Lisa epitomizes the kind of commitment all educators should exhibit," said Union Point Elementary's Principal Lex Brown. Beyond advocating health, Brown maintains a close rapport with students, parents and teachers – personally inviting parents to health screenings and helping Union Point Elementary School be recognized for the highest teacher participation in a HealthMPowers' health risk appraisals and fitness testing.

Featured last month: Julie Chartier



Chris Stewart, HealthMPowers Health Educator, presents award to Julie Chartier

Chartier shares her passion for health by motivating students and teachers to exercise and eat healthy. Her commitment to sharing health knowledge led her to create a Hip Hop Abs class for the school staff to be involved in after school hours, to lead a Brain Gyms Workshop to help focus students during statewide standardized testing, and to use homework assignments to promote healthy eating in the home environment.

“Students need to see people in their lives taking responsibility for their health and sharing this knowledge with others,” said Chartier, who holds a firm belief that her actions impact her students’ decisions.

“Having served Georgia schools for ten years, HealthMPowers wanted to recognize those individuals who empower their schools to make health a priority,” said Christi Kay, executive director of HealthMPowers.