

Hi! I'm Kristina, a  Wellness Coordinator.



My background:

I have a bachelor's degree in social work from the University of New Hampshire and my Master of Art in education (specifically in health, physical education, recreation and dance) from Tennessee State University. I have worked in Tennessee State Government

for more than 15 years, and most recently worked for eight years with the Tennessee Department of Health on grants and projects focused on chronic disease and prevention. I hold certifications in yoga, laughter yoga, life coaching and as a Tennessee Naturalist.

What inspired me to choose this career:

I think sometimes personal wellness can be dismissed as unimportant, or often people are just overwhelmed with other life responsibilities. But if we do not feel our best, every single aspect of our lives can be negatively impacted. As a child, I watched my mom participate in marathons, triathlons and teaching aerobics after quitting smoking. Looking back, I am sure this influenced my development and career path. I am honored to serve my fellow state employees on their wellness journeys. Everyone deserves a chance to feel their best.

5 FUN FACTS

1. I've lived in New Hampshire, Seattle, Montana (for a month!), and I moved to Nashville in 1997. These pictures are from the same 15-mile hike, on separate days, with vastly different weather! I worked at a general store in Babb, Montana, so I could live next to Glacier National Park for a month. Ah, to be 20-something again.



2. In 2009, I enrolled in yoga teacher training to learn about yoga for myself, and then was asked to teach a class. The rest is history! I found this silly picture doing chair pose at a grocery store while on vacation in Maine with my mom and husband. Why? I have no idea. The other picture is of me practicing savasana pose (or corpse pose) on another Maine family vacation. Savasana is my favorite pose, and I was practicing it in preparation for a busy day of travel and return flight to Nashville.



3. I appreciate the benefits of being in nature and love to be outside. I've gotten more into birdwatching since taking the Tennessee Naturalist class in 2022. I enjoy taking pictures of the natural environment. I saw a bald eagle (in Nashville!) in December 2022 on my wellness break! Disclaimer: I do live near the Harpeth River. The yellow spider picture was taken while volunteer gardening at a local elementary school native flower garden. If you think the spider looks huge, you are correct! It was!



4. I'm a cancer survivor and take my health screenings very seriously. I hope you do, too!

5. Laughter is the best medicine, and I love to laugh! Reach out if you would like to try laughter yoga with your employees.



Being silly with my family



Halloween fun with my husband

Get to know each WFHTN team member in this spotlight series. Follow us on Facebook to join the conversation! Click this icon to go to our page. See you there!

