

## **TAPE: ACTIVEHEALTH AND PEEHIP**

**[00:00:17]**

**LISA HOFFMAN**

It's really about living a life where they are feeling joy and thriving and energy and not feeling like they're a victim of their health.

**[00:00:33]**

**LISA HOFFMAN**

I know life gets crazy and a lot of us, the last thing we take care of is our health.

**[00:00:37]**

**MATTHEW MONSON**

I realized through the coaching and participating in this program that there were easy steps that I could weave into my everyday activity to increase my health awareness and to help myself live a better life.

**[00:00:48]**

**LISA HOFFMAN**

We don't say "fitness" in here; we say "movement." Make it fun. Team Up for Health program, which is run by PEEHIP, is an outstanding program that goes directly into the school systems and we partner with the members as they're working on improving their health.

**[00:01:08]**

**LISA HOFFMAN**

I get the opportunity to actually talk directly with members to hear their stories, to hear their struggles, to hear their stressed. I don't tell people what to do, I just walk alongside them. I help them stay accountable to what their goals are, and what they really want to do to improve their health. If you can come up with one new thing, even if you only do one thing a year, that's better than not doing anything.

**[00:01:28]**

**MATTHEW MONSON**

Empowerment aspect is huge because you realize it does not take a lot to enjoy and ring out the most of these opportunities. Our staff here has become much more health-aware, health-cognizant.

**[00:01:44]**

**LISA HOFFMAN**

I am in the schools just giving health education, talking with members one-on-one, helping them see what their progression was, you know, where they were last year, where they are this year.

**[00:01:54]**

**MATTHEW MONSON**

The biggest thing that I've noticed from our staff, too, is everybody has their FitBit, everybody's making sure that we get our steps in every day, and we're doing a great job of holding each other accountable to that.

**[00:02:11]**

**LISA HOFFMAN**

This is a community, this is a team, and it's just exciting to see what you guys have been able to accomplish.

**[00:02:16]**

**MATTHEW MONSON**

By participating in this program, those healthy, stylistic choices have also radiated out into my immediate family. My wife and children are more – we're all more cognizant of our healthy decisions and making sure we're getting exercise and being outside and enjoying outside each and every day. I would encourage everyone to just jump in with both feet, be active in really managing and taking control of your healthcare.

**[00:02:36]**

We're just going to keep on trying.

**UNIDENTIFIED SPEAKER**

**[00:02:37]**

Keep on trying.

**LISA HOFFMAN**

**[00:02:37]**

Thank you so much.

**UNIDENTIFIED SPEAKER**

**[00:02:38]**

You're welcome.

**LISA HOFFMAN**

**[ END OF TAPE: ACTIVEHEALTH AND PEEHIP ] [ 00:02:47 ]**