

Healthy Hall of Fame
**Kendra Sprague- Staff (VP of Foundation, HR & Legal
Affairs) –
Spring 2018**

Healthy Lifestyle:

Kendra exercises every day and enjoys eating healthy. It helps her mentally and physically. She feels less stressed and more able to focus.

Kendra's Commitment to Living Healthy:

Kendra has always lived an active lifestyle, but never enjoyed running until college. Her parents were runners and would always encourage her to run more. She found a passion for running in college and began to love it. And, she got the “I told you so” from her parents.

Over the years, she has been an avid runner. But she also enjoys other types of physical activity including hiking with her family, yoga, aerobics, and more recently Cross Fit.

She came to a point in her life where running alone wasn't giving her the results she wanted and she began to focus on strength training.

Kendra's Goals:

Kendra works on maintaining her weight goals. She like to stay in a range that make her feel good. She ran a Portland marathon 2 times and set a goal to run 9 minute miles for 26 miles. She did it!

Currently, she sets personal record goals for weights in Cross Fit and is motivated by achieving benchmarks.

Next year, Kendra plans to participate in the Cross Fit Open, which is a worldwide workout over the course of a month.

Current Workout Plan:

During the work week (Mon-Fri), Kendra runs at least 3 miles every morning before work. Three to four of those days, she also does Cross Fit at lunch time. On days she is unable to do Cross Fit at lunch, she runs 5 miles before work.

On weekends, she enjoys hiking and taking long walks with her family. She also sneaks in a run and/or Cross Fit.

Healthy Eating Habits:

Kendra eats small meals and maintains a low carb diet throughout the week, typically starting her day with a hardboiled egg, followed by a mid-morning yogurt, veggies & hummus for lunch, and a healthy dinner. She uses whole grain pasta and brown rice. Her kiddos would rather not have the brown rice though.

On weekends, she allows herself more freedom to eat the foods she loves. Her weakness is french fries.....and tater tots!

Every year, she does a cleanse called the GM Diet (aka Sacred Heart Diet). It is 7 days where you eat specific foods each day. It helps with weight loss and cleanses the body of impurities.

Sticking With It:

Staying healthy makes Kendra feel good. There is a noticeable difference in the way she feels and her happiness. She can tell how present she is in life when she's active. Lunchtime workouts allow her to take a mind-freeing break. When she returns to her work, with a clear mind, she is able to be more focused and accomplish more.

Kendra's Motivation to Inspire Others:

A close coworker and friend of Kendra's said that Kendra doesn't consciously or intentionally inspire others, but she does. She may not know it, but she motivates those around her. Nearly everyone in the Foundation and HR offices have done her cleanse and are all taking steps to live more healthy. She encourages them and allows them opportunities to be active, including walking meetings, and participation in wellness activities.

Words of Wisdom:

Kendra's advice for those who are wanting to make healthy lifestyle changes is to try and change one small thing at a time, even if it's just a 15 minute walk a day, or try and eliminate one bad or unhealthy thing from your day.