



LIVE YOUR BEST YOU.

Meet Your SPH-B Wellness Coalition

The **SPH-B Wellness Coalition** is a group of school-level representatives of the Healthy IU Wellness Ambassador Program. Like all Healthy IU Wellness Ambassadors, the SPH-B Wellness Coalition serves as a resource for faculty and staff to align with goals of Healthy IU, including:

- Increasing the number of campus departments with a designated person who communicates health and wellness information to their work group
- Creating an environment for employees to share ideas on promoting a culture of wellness through resources, programs, and support
- Increasing awareness, building skills, and creating an environment where the healthy choice is the easiest choice



Becky Baugh
Director of
Degree Administration



**Vanessa
(Martinez) Kercher**
Assistant Professor,
Department of Health
& Wellness Design



Aimee Polk
Associate Director of
Data Management
and Scheduling



Desiree Reynolds
Director of Workplace &
Employee Experience at
Prevention Insights



Renata Ximenes
Graduate
Admissions Assistant

Becky Baugh is an experienced higher education and student affairs professional. She knows how important student success is for lifelong happiness and goals and has invested her career in serving undergraduate, graduate, and non-traditional learners. Upon joining SPH-B more than two years ago, Becky developed a passion for fitness and wellness. She became a Healthy IU Ambassador to keep herself more accountable for her own fitness and wellness—as well as supply educational and environmental resources to foster individual well-being and support a culture of wellness in the workplace and beyond.

Vanessa (Martinez) Kercher is a certified exercise physiologist, and health and well-being coach. Dr. Kercher enjoys being physically active and spending time with her husband Kyle Kercher and their two beautiful corgis, Dash and Roo. She has collaborated on several projects and workshops with Healthy IU and is extremely proud to continue her relationship with what she considers a remarkable team. “Way to go Healthy IU!” she says, adding, “Way to go, Healthy IU Wellness Ambassadors!”

Aimee Polk is a lifelong artist with a degree in psychology who is interested in all aspects of health and creativity—and loves supporting others on their physical and mental health journeys. From youth sports to aerial fitness, Aimee’s pursuit of wellness deeply aligns with who she is as a person. “Everyone struggles in one way or another, at one time or another,” Aimee says, adding, “Sometimes you have to fall before you fly.” She looks forward to providing resources, inspiration, encouragement, motivation, and camaraderie to SPH-B colleagues in all stages of their wellness journeys.

Desiree Reynolds is enthusiastic about workplace wellness. She is the director of workplace & employee experience at Prevention Insights and serves on the wellness committee. Dr. Reynolds enjoys spending time with her children, working in her flower gardens, and playing with her three dogs. She has been a part of IU for more than 20 years, and became a wellness ambassador out of her commitment to holistic wellness and supporting the diverse programming Healthy IU offers. She is thrilled to serve on the SPH-B wellness coalition and collaborate on wellness activities.

Renata Ximenes is passionate about student services and academic affairs, and enjoys supporting students as they navigate the graduate application process and academic life. Renata joined the SPH-B Wellness Coalition to provide social support and motivation for others who want to live a healthier lifestyle. She walks for 40 minutes with her family every day to exercise and clear her mind, and believes that eating a balanced diet and having a good night’s sleep are crucial to staying healthy.

