Recommend a Spotlight

We’d like to know the interesting ways you’re staying healthy to achieve your personal goals. Tell us how you’ve committed to your health, and inspire other Ohio State faculty and staff to be the healthiest they can be. You might even be featured in our Spotlight section! Please fill out the form below to recommend a person to Spotlight. If you’re recommending someone other than yourself, please complete the nominator information at the bottom.

First Name: __________________________ Last Name: __________________________

Department/Unit: __________________________________________________________

Phone: ___________________________ E-mail: ______________________________________

Please answer each question below in one to two sentences (If you are nominating someone, you do not need to include this information.):

1. How do you practice being healthy at work?

2. What is your favorite healthy snack?

3. What is your favorite exercise?

4. How do you relieve stress?

5. How do you overcome obstacles to achieve your goals?

6. What is one healthy change you are currently making?

Your information, if you’re recommending someone else:

First Name: __________________________ Last Name: __________________________

Department/Unit: __________________________________________________________

Phone: ___________________________ E-mail: ______________________________________

Have you informed the nominee of your nomination?

___ Yes  ___ No

Submit form to:
E-mail: yp4h@hr.osu.edu
Fax: (614) 292-7813
Mail: Office of Human Resources, 1590 N. High St., Suite 300, Columbus, OH 43201