

MaineHealth WOW!

2018 WOW! Superhero Stories

Thank you for your interest in joining our growing family of Superheroes. We are proud of your efforts and your success and appreciate your willingness to share your story. So that we can capture your story accurately, please answer the questions below. This will help us to create your Superhero story for the 2018 Superhero Works on Wellness (WOW!) [web page](#).

Please type your responses below (take as much space as you need) and send to Dianne Giddinge (giddid@mmc.org) by December 31, 2018. Please [email](#) Lynn Lavorgna or call 207-661-7552 with questions.

Full Name: (Print): _____

Organization: _____

Position: _____

Age: (optional) _____ years old

1. Tell us why you self-nominated or were nominated as a WOW! Superhero by your co-workers or friends?
2. What inspired you to get healthy? Is this the same thing that inspires you to stay healthy?
3. Have you participated in a WOW! program that has helped you start or reach your health goals?
4. Are there activities or hobbies you now participate in that you didn't before?
5. What obstacles have you faced during this journey?

6. If you could say one thing to other employees to inspire them, what would you say? What would you say to keep them going day after day?

7. What is your favorite activity?

8. Do you use music, friends or other motivational tools to get you through your health & wellbeing plan?

9. How do your family members, friends or co-workers feel about your wellness activities/lifestyle changes? How are they supportive?

10. How has your doctor or health care provider supported you in your wellness activities/lifestyle changes?

11. Do you have anything additional you would like to add?

We may contact you for more detail in regards to your responses. Your story will be written by a professional writer and you will have the opportunity to edit your story prior to posting on the Superhero web page. We will also be contacting you to arrange for a photo shoot later in 2018.

In Health,

Lynn Lavorgna
WOW! Director, Health & Wellbeing
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