

# AdvantageHealth Corporation Staff



# Mike Olson

## Co-Founder & President

1. Where did you grow up?

*Coon Rapids, MN – from 4<sup>th</sup> grade through high school. I consider CR my hometown, now Prior Lake.*

2. What is your favorite type of exercising?

*Running. I used to be able to run a marathon as an every day run, not so much anymore. The farther out in the middle of nowhere when running, the better. Especially on semi-hot days.*

3. What is your favorite meal?

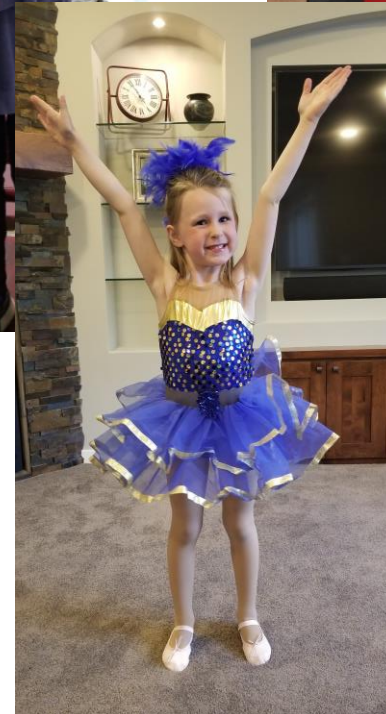
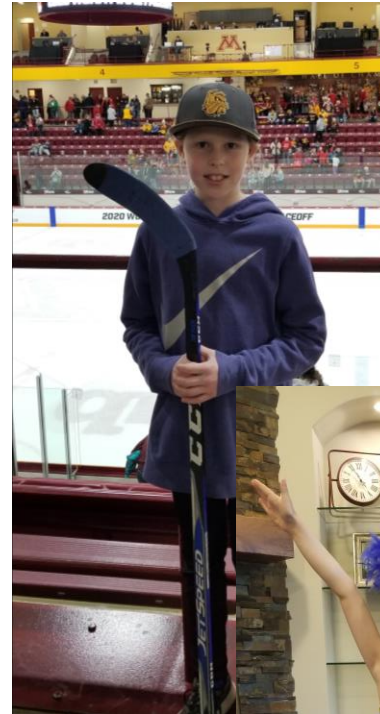
*Besides gummy bears? Probably pasta.*

4. Favorite animal? Or spirit animal?

*A lion or a bear. They seem strong and intimidating but can be very vulnerable.*

5. If you could meet any famous person dead or alive, who would it be?

*Prince. I appreciate that he did things his own way. I also like learning about people who are so far ahead of everyone else.*



# Kris Keykal

## Co-Founder & CEO

1. Where did you grow up?

*A few places in the Midwest, but mostly in Rice Lake, WI.*

2. What is your favorite type of exercising?

*Running because you can do it anywhere, anytime.*

3. What is your favorite meal?

*Reuben sandwich*

4. Favorite animal? Or spirit animal?

*I love cats.*

5. If you could meet any famous person dead or alive, who would it be?

*My Grandpa who passed away before I was born. He was a colonel in the US Army and was stationed around the world. My Grandma told me he would come home from work with a briefcase handcuffed to him. Apparently, he was a pretty big deal!*





# Kari Gallagher

## Fitness Center Operations Manager

1. Where did you grow up?

*Born in ND, moved to MN 20ish years ago. I spent most of my school-age years in Elk River, MN.*

2. What is your favorite type of exercising?

*Running or lifting*

3. What is your favorite meal?

*Cheese, crackers, fresh fruit and veggies, maybe some salami too.*

4. Favorite animal? Or spirit animal?

*I always loved prairie dogs as a kid, I thought they were super cute, haha. Now my favorite animal is our pup, Maizee.*

5. If you could meet any famous person dead or alive, who would it be?

*Britney Spears – I just want to know what happened!*



# Becky Olson

## Wellness Services Manager

1. Where did you grow up?

*Champlin, MN*

2. What is your favorite type of exercising?

*Inline skating*

3. What is your favorite meal?

*Pizza*

4. Favorite animal? Or spirit animal?

*Elephant*

5. If you could meet any famous person dead or alive, who would it be?

*Prince*



# Paula Steenrod

## Health Education Specialist

1. Where did you grow up?

*New Holstein, WI – Yes, like the cow.. And yes, we have Cow Town Days. Doesn't get more WI than this people!*

2. What is your favorite type of exercising?

*ALL OF THEM! But biking, hiking and kayaking.*

3. What is your favorite meal?

*Roasted root vegetables with curry fig salad dressing from Salad Girl! But my quick go to is nachos with a lot of veggies.*

4. Favorite animal? Or spirit animal?

*Love dogs but can not have one. ☹️ Spirit animal – something that is hyper and eats a lot of veggies.. A rabbit!*

5. If you could meet any famous person dead or alive, who would it be?

*I don't know, I don't really dwell on meeting someone famous.. Obama would be interesting to talk with.*





# Dana Wisniewski

Marketing Manager – Works remotely from Lafayette, CO

1. Where did you grow up?

*Burlington, WI – moved to Colorado 11 years ago.*

2. What is your favorite type of exercising?

*Yoga and hiking.*

3. What is your favorite meal?

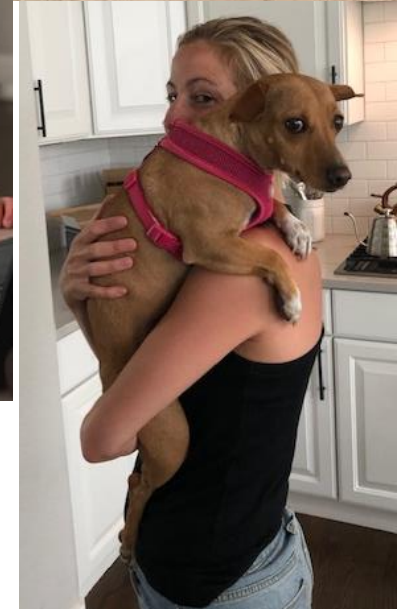
*Does coffee count as a meal?*

4. Favorite animal? Or spirit animal?

*We just adopted a chi-weenie (part Chihuahua, part Dachshund), so that's my favorite animal for the time being.*

5. If you could meet any famous person dead or alive, who would it be?

*Oprah!*



# Elizabeth Haley

Program Manager – Allianz TotalLife Fitness & Wellness Center

1. Where did you grow up?

*Mundelein, IL (in between Milwaukee & Chicago, right by Six Flags Great America)*

2. What is your favorite type of exercising?

*Dancing & Yoga*

3. What is your favorite meal?

*Pizza!!*

4. Favorite animal? Or spirit animal?

*Either red panda or snow leopard for favorite animal. Spirit animal is a dolphin!*

5. If you could meet any famous person dead or alive, who would it be?

*I would love to meet Anna Kendrick, I feel like we would be friends instantly!*





# Jack Schlieve

Health and Fitness Specialist – Allianz TotalLife Fitness & Wellness Center

1. Where did you grow up?

*Horicon, WI which is a small town in Southeastern WI.*

2. What is your favorite type of exercising?

*Running, hiking, or playing basketball*

3. What is your favorite meal?

*Vegan mac and cheese*

4. Favorite animal? Or spirit animal?

*Owl – I have an owl tattoo on my arm.*

5. If you could meet any famous person dead or alive, who would it be?

*Dave Grohl (lead singer of Foo Fighters) – he seems like a fun guy to hang out with*



# Jordan Huberty

Health and Fitness Specialist – Allianz TotalLife Fitness & Wellness Center

1. Where did you grow up?

*Scandia, MN*

2. What is your favorite type of exercising?

*Water skiing or CrossFit*

3. What is your favorite meal?

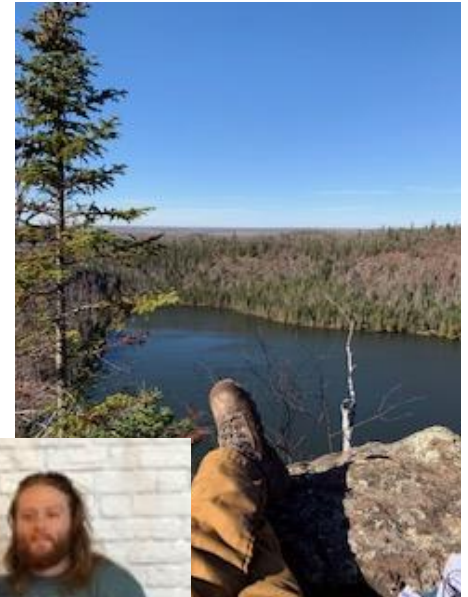
*Venison roast*

4. Favorite animal? Or spirit animal?

*Iguana*

5. If you could meet any famous person dead or alive, who would it be?

*Jocko Willink*



# Jackie Montpetit

Program Manager – AH at City Center

1. Where did you grow up?

*New Richmond, Wisconsin.*

2. What is your favorite type of exercising?

*Either cross country skiing or hiking, depending on which season it is!*

3. What is your favorite meal?

*Huevos rancheros*

4. Favorite animal? Or spirit animal?

*My favorite animal is a humpback whale.*

5. If you could meet any famous person dead or alive, who would it be?

*If I could meet any famous person it would be mountaineer, writer, and environmentalist Arlene Blum.*





# Margaret Frisbie

Program Manager – Cummins Fitness Center

1. Where did you grow up?

*Minneapolis, MN*

2. What is your favorite type of exercising?

*Walking*

3. What is your favorite meal?

*Fettucine alfredo w/ Caesar salad*

4. Favorite animal? Or spirit animal?

*Dolphin*

5. If you could meet any famous person dead or alive, who would it be?

*Barack Obama*



# Andrew Brooks

Health and Fitness Specialist – Cummins Fitness Center

1. Where did you grow up?

*Corn Capital of the Nation in the Great State of Minnesota*

2. What is your favorite type of exercising?

Olympic lifts and strength training

*Snowboarding in the winter*

3. What is your favorite meal?

*Venison backstraps and Brussel sprouts*

4. Favorite animal? Or spirit animal?

*Spirit Animal would have to be the grey wolf*

5. If you could meet any famous person dead or alive, who would it be?

*Joe Mauer or Steve Rinella and meateater crew*





# Amanda Clarke

Wellness Consultant – Husch Blackwell

1. Where did you grow up?

*Utah*

2. What is your favorite type of exercising?

*Biking, running, skiing, HITT, strength.... Too hard to pick! :)*

3. What is your favorite meal?

*Burrito bowl*

4. Favorite animal? Or spirit animal?

*Panda bear*

5. If you could meet any famous person dead or alive, who would it be?

*Cleopatra*





# Sara Plucker

## Program Manager – Fitness at SPS Tower

1. Where did you grow up?

*Sioux Falls, SD*

2. What is your favorite type of exercising?

*Biking*

3. What is your favorite meal?

*Breakfast is my favorite meal of the day. I like most breakfast foods so it's hard to pick one favorite meal: pancakes, waffles, breakfast sandwiches... I love them all!*

4. Favorite animal? Or spirit animal?

*Giraffe*

5. If you could meet any famous person dead or alive, who would it be?

*Garth Brooks- I am a BIG fan of his music and his concerts.*

