



## ☀️ **CommonHealth Wellness Champion 2025: Bill Riddell**

### **Compliance/Safety Officer IV • Department of Wildlife Resources**

The CommonHealth program is proud to recognize **Bill Riddell** of the **Department of Wildlife Resources (DWR)** as a **2025 Wellness Champion**. Bill's unwavering commitment to health and well-being has made a lasting impact on his colleagues and the culture at DWR.

Bill has been a driving force behind wellness initiatives at the agency, creating walking teams and seasonal challenges that bring people together in the spirit of health and camaraderie. Through his leadership, the **DWR Walking Club** (affectionately known as the *Wildlife Wanderers*) has become a hub of motivation, movement, and mutual support. Participants log their steps, share their progress, and even earn rewards, all thanks to Bill's thoughtful coordination.

But Bill's influence goes far beyond walking. He regularly shares healthy meal ideas, encourages staff to take movement and exercise breaks, and distributes wellness resources that are both timely and practical. With each changing season, Bill sends out CommonHealth's Weekly Wellnote filled with tips on staying energized, safe, and healthy—whether it's beating the summer heat or staying active during the winter months.

His colleagues describe him as a source of positivity and encouragement, someone who consistently goes above and beyond to support the well-being of others. As one co-worker shared, *"Bill's dedication to promoting health and positivity has made a lasting impact on our workplace culture. Thank you, Bill, for helping us walk toward better health—one step at a time!"*

When asked about what this recognition means to him, Bill shared:

*"Being a Wellness Champion for the Virginia Department of Wildlife Resources means embracing a vital role in promoting the well-being of both our employees and their families all across the great Commonwealth of Virginia. As a Wellness Champion, I help foster a culture of health, safety, and connection by leading our Wildlife Wanderers walking team, encouraging active lifestyles and camaraderie among staff. I take pride in sharing the CommonHealth weekly newsletter, keeping our colleagues informed, inspired, and engaged in wellness initiatives. This role is more than just walking and sharing information, it's about building a supportive environment where employees can thrive, feel valued, and stay healthy, so we can continue our important mission of protecting and conserving Virginia's wildlife and natural resources for generations to come. Thanks to all our Wellness Participants throughout the state, without the dedication of our great employees, there is nothing to be a champion for! I am humbled by the honor of being a Wellness Champion for 2025."*

Bill was nominated by his co-workers, who deeply appreciate his efforts, enthusiasm, and the positive energy he brings to the workplace every day.

Congratulations, Bill, and thank you for being a true champion of wellness!



## **CommonHealth Wellness Champion 2025: Alison Sinclair**

### **Environmental Specialist II • Department of Environmental Quality**

The CommonHealth program is proud to honor **Alison Sinclair** of the **Department of Environmental Quality (DEQ)** as a **2025 Wellness Champion**. Alison's dedication to wellness, environmental stewardship, and community spirit has made her a cornerstone of the Glen Allen office and a shining example of what it means to lead by example.

Alison has served as the CommonHealth Agency Coordinator for DEQ's Glen Allen office since the year 2000. Over this time, she has become a trusted source of wellness information and inspiration. She consistently shares CommonHealth messages with thoughtful commentary and practical suggestions, helping her colleagues connect with the content in meaningful ways. Whether she's organizing in-person wellness events or simply offering a kind word of encouragement, Alison's presence is felt and appreciated.

Her commitment to health is not just professional, it's personal. Alison models healthy eating habits, maintains a regular exercise routine, and encourages others to do the same. She's also a key contributor to office morale, always ready to lend a hand with setup and cleanup at social events and offering wisdom and kindness to those who seek her advice.

But Alison's impact doesn't stop at wellness. She is also a passionate environmental steward, taking on recycling duties and leading highway cleanup events. Her efforts reflect a deep understanding of the connection between personal health and the health of our environment.

Her colleagues describe her as wise, kind, and extremely sensible—a true pillar of their office community.

When asked about her role, Alison shared:

*"I have been a CommonHealth Agency Coordinator at the Department of Environmental Quality's (DEQ's) Glen Allen office since around the year 2000. My background is in biology and my regular job duties involve environmental science issues, so awareness of the importance of a healthy lifestyle has always been a part of me. Having that background has given me insight into the ways that our health can be impacted by external factors and by our own behavior. I was hopeful that the staff here shared this insight and would welcome the weekly emails, wellness challenges, and onsite programs that CommonHealth provided, as I did."*

*"I am happy to report that many of the staff already exhibit healthy behavior, and they make it easy for me to facilitate the CommonHealth program here. We have a regular exercise group on site, and many others walk, run, or work out in their free time. We love our social food events, too, but we try to have healthy options available. We have good participation in our onsite flu and COVID vaccine clinic and attendance at the in-person CommonHealth programs, given the small size of our office. I am humbled that my co-workers nominated me as a 2025 Wellness Champion."*

Alison's colleagues nominated her for this recognition, a testament to the respect and admiration she has earned through her years of service and support. Her leadership, compassion, and commitment to wellness have made a lasting difference.

Congratulations, Alison, and thank you for being a true champion of health, community, and environmental responsibility!



☀️ **CommonHealth Wellness Champion 2025: Julie Johnston**

**Administrative and Office Specialist III • Department of Environmental Quality**

The CommonHealth program is proud to recognize **Julie Johnston** of the **Department of Environmental Quality (DEQ)** as a **2025 Wellness Champion**. Julie's dedication to wellness, both in her personal habits and in her support of others, has made her a true leader in promoting a healthier, more connected workplace.

Julie has served as the Blue Ridge Regional office's CommonHealth Coordinator for nearly a decade, and her commitment to the role is evident in everything she does. Whether she's forwarding wellness resources, encouraging participation in health challenges, or simply leading by example, Julie's influence is felt throughout the office. Her colleagues often see her walking outside during her lunch break which is

an everyday reminder of the importance of making time for movement.

She doesn't just talk the talk—she walks the walk. Julie promotes healthy eating, regular exercise, and the value of staying informed through CommonHealth's educational materials. Her encouragement has inspired many in the office to adopt healthier habits and take part in wellness programs that improve both physical and mental well-being.

As one colleague shared, *"Julie motivates me and others in the office to live our best life by taking care of our bodies. Her healthy habits set a good example to follow, and her encouragement to participate in the challenges and programs offered by CommonHealth adds up to better health for all of us."*

When asked what being a Wellness Champion means to her, Julie shared:

*"Being a wellness champion is certainly an honor. I've had the privilege of being a CommonHealth coordinator since 2013. I enjoy contributing to the healthy habits of our employees. It's awesome seeing how the program transforms and boosts morale among my peers by creating a more positive and healthy atmosphere and camaraderie. It certainly has motivated me to improve my knowledge about health, exercise, and nutrition. Also, it has given me a strong sense of meaning and belonging at work—creating healthy, happy employees."*

Julie's leadership, positivity, and passion for wellness have made a lasting impact on her team and the culture of the Blue Ridge Regional Office. Her efforts remind us that small, consistent actions—like a daily walk or a shared wellness tip—can lead to big changes in how we feel, work, and live.

Congratulations, Julie, and thank you for being a true champion of health and well-being!