



October 16, 2017

## Mr. G Always Going the Extra Mile for Healthy Fontana Students



**Fontana, Calif.-** Guillermo Hernandez recently celebrated his one year anniversary at the City of Fontana, but this Community Services employee has managed to make a huge impact in the lives of children in a brief amount of time. Behind the award-winning program, Healthy Fontana, is an employee who strives to incorporate nutrition into the lives of others, one student or coworker at a time. Meet Guillermo Hernandez, or "Mr. G" as the kids like to call him.

Guillermo leads some of the busiest programs of Healthy Fontana with an unwavering and genuine smile on his face. Although having only spent one year with Healthy Fontana, Guillermo has made his impact on Fontana residents through programs such as the Fontana Expanded Learning Program (FELP) and Mobile Fresh.

Not only is he the lead for FELP, but Mr. G also created a Power Walking lesson plan for the students, which includes warm-ups, cool-downs, and of course, the technique for efficient and proper power walking. With their heads up, shoulders resting naturally, and arms moving with the elbows bent, the students are ready to power walk.

Guillermo values life-long learning. "I take that to heart, in all that I do and have done, and share what I learn with others." During his bus ride to and from work, Guillermo reads articles that relate to Healthy Fontana and bettering the community, in which he shares with coworkers. In doing so, he created a Wellness Wall in the office that displays an array of food and fitness articles gathered from newspapers and magazines.

Outside of work, Guillermo is passionate about reading, taking walks and watching movies. Prior to moving to the Inland Empire, he was a certified Whale Watch Naturalist. "Being out on the ocean was a great pastime, and quite the challenge teaching on a constantly swaying boat," reminisces Guillermo.

A role Guillermo took great joy in was being a caregiver for a *Welllderly* - an individual 80 years or older who is free from chronic medical conditions. That woman was his mother, Petra, who lived just shy of her 104th birthday. He describes the role as his "privilege, honor and duty."

Guillermo has been selected as the City of Fontana Employee Spotlight for the month of October based on nominations from his peers. He brings enthusiasm and zeal to the workplace, and creates a positive work environment for the Healthy Fontana team.

For more information about Healthy Fontana visit [fontana.org](http://fontana.org).