



Name	Steve Walkowicz
Age	64
Hometown	born and raised in Holyoke, Massachusetts
Hobbies	reading, writing... sounds exciting, right?
I deal with stress by...	knowing that stress comes with living and pretending that a little of it is a great motivator.
I prevent stress by...	playing. Almost any word that follows “playing” is fun and eases stress.
What I think about nutrition:	Moderation works. Except for peanut M&Ms—rules of moderation go out the window with regards to them.
What I think about exercise:	I believe that every hour I spend in the gym exercising results in one extra hour of life that will be granted to me.
Most favorite exercise:	is riding my bike.
Least favorite exercise:	I am too old to waste any time doing any exercise that I don’t like—that would be an exercise in futility.
I focus on my mental health by:	valuing time... as it runs merrily along it grows ever more precious.
A fun fact about me is....	I have been teaching for over 40 years and still have not quite gotten it right. I am very lucky to still be working on it...