



News Release

FOR IMMEDIATE RELEASE

HERO SELECTS JODY ENSMAN AS RECIPIENT OF THE HEART OF HERO AWARD

EDINA, Minn. (September 30, 2016) — HERO (the [Health Enhancement Research Organization](#)) announced today that Jody Ensmann, manager, health and wellness for the University of Kentucky (UK), has been chosen as the recipient of the 2016 [Heart of HERO Award](#).

The Heart of HERO Award was created to recognize individuals whose leadership inspires others to embrace change and take action, successfully facilitates ideas into actionable plans, actively participates in industry groups, and creates strategic programs and practices with measurable impact. It's one of four HERO Workplace Health and Well-Being Awards given annually to honor dedication and commitment to the field, and acknowledge outstanding achievements.

"This award recognizes an individual who impacts the health and well-being of their organization, and much more," said [Paul Terry, president and CEO of HERO](#). "You can see Jody's leadership and passion for workplace health and well-being play out in the UK's successful wellness programs, in healthy competitions between universities, and in statewide collaborations. She inspires those around her to think outside the wellness box."

Ensmann has been the main driver behind the UK's employee wellness efforts for over 12 years, and has generously shared the program's successes with others, including the University of Louisville (UofL). Her efforts helped launch the first Governor's Get Healthy Kentucky Conference in partnership with the Governor's Office of Wellness and Physical Activity in 2007. Ensmann was also instrumental in launching the American Heart Association University Moving Challenge, a 10-week movement challenge between friendly Kentucky rivals UK and UofL. She currently oversees the expansion and relocation of the UK employee fitness facility, is heavily involved with restructuring UK's wellness program and leads the implementation of the University's five-year strategic plan.

Ensmann helped form and currently serves as co-chair of the University Wellness Alliance of Kentucky, a collaboration focused on best practices for employee wellness programs.

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About HERO

Based in Edina, Minn., the Health Enhancement Research Organization (HERO) is a not-for-profit, 501(c)3 corporation that was established in 1996. HERO is dedicated to identifying and sharing best practices that improve the health and well-being of workers, their spouses, dependents and retirees. To learn more, visit www.hero-health.org. Follow us on [Twitter](#) @heroehm or [LinkedIn](#).

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