

## **Stephanie Starkebaum Joins Golden Plains Area Extension**

Stephanie Starkebaum joined the Golden Plains Area Extension program in Phillips County as of January 10, 2022. Stephanie is the Family and Consumer Science Extension Agent in the office. Stephanie can be reached at 970-854-3616 or by email at [stephanie.starkebaum@colostate.edu](mailto:stephanie.starkebaum@colostate.edu). Please feel free to reach out to Stephanie and welcome her to Phillips County and the Golden Plains Area. Stephanie has shared the following information to introduce herself to the community.

I grew up on a farm outside of Haxtun, Colorado. I attended Haxtun High School and participated in numerous extra-curricular activities such as 4-H, FBLA, FFA, Volleyball, Basketball, Track, and Softball. After graduating from Haxtun High School, I went on to play one year of basketball at Northeastern Junior College before transferring to Colorado State University to gain my bachelor's in Health and Exercise Science with a concentration in Health Promotion. Throughout my life, I have always had a passion for being active, outside, and exploring nature. Health and Exercise Science has allowed me to live a life full of purpose, passion, and connection. In 2012, I moved back to Haxtun, CO after experiencing my own health obstacles. This gave me a newfound appreciation and perspective on what it truly means to be well and live your best life. I am now an avid hiker and enjoy adventuring whenever the opportunity presents itself. In my free time you can usually find me on a mountain top or playing in a river. I feel the most useful and fulfilled when I can help others take steps towards improving their own wellness through various programming avenues. I currently live on a farm in Sedgwick, County with my husband, Seth, two dogs and enjoy the peace, pace, and people that rural Colorado offers.

I have over a decade of experience working in Health Promotion as a Personal Trainer, Group Fitness Instructor, Wellness Coach, Lifestyle Coordinator, and Exercise Specialist. A career in Health Promotion has allowed me to work in all settings such as homes, gyms, corporations, resorts, schools, and health clubs throughout Vermont, Texas, and Colorado. I have also worked just shy of a decade in the financial sector as a Bank Teller, Credit Union Member Service Representative, and Accounts Manager. However, my true passion is in conducting wellness programs that integrate a whole-person wellness approach that incorporates many aspects of health promotion such as nutrition, fitness, as well as behavior and emotional health. I am excited to dive back into my passion of wellness programming to help the residents of Phillips County not only enhance their life skills through CSU Family and Consumer Science Extension Programs but also promote a positive lifestyle change. I received a Bachelor of Science degree in Health and Exercise Science with a concentration in Health Promotion.