

# Faces of *my* Well-Being

- Who: Gerardo Villarreal Buentello, Business Unit Manager, Monterrey
- Favorite Physical Activity: Run in a gym or bicycling
- *my* Well-Being Journey: “I reached my objective ... by losing 86 pounds in 9 months. Now I feel more active and energetic, I spend more time with my family, and I am ready to bet all my records in the next Milton Hershey’s Olympics.”
- To read Gerardo’s *my* Well-Being story, go to [myHR.hersheys.com](http://myHR.hersheys.com) > keyword search “Gerardo”



Before-and-after photos of Gerardo Villarreal Buentello.

