

DENISE BULAT

*Board Member since 2005
Be Healthy QC Coalition Chair
Executive Committee Member
Promotion Committee Member
Board Chair 2010-2013*

Denise Bulat is an avid bike rider, jogger, and power-walker. She has been serious about outdoor exercise since high school and continues to make it a routine in all seasons (even sub-zero temps!). "I really prefer to be outside whenever possible," says Bulat. And make no mistake-- this is *not* a casual workout. Take her typical power-walking session. "I can go pretty fast," insists the mother of two adult daughters. "I get in about 3.5 miles in 45 minutes-- and that's carrying 3 lb. weights in each hand." In her early years at a community college, she rode her bike to class (yes, year round), and describes how fitness not only became her go-to in getting somewhere, but is still the activity of choice on weekends and vacations with her husband. Bulat states there's another benefit to staying active. "I find, in dreary times, exercise really helps my mental wellness. For me, it's a must!" This personal passion aligns well with QCHI's mission: To create a health community. And Bulat has been an engaged supporter and Board member since 2005. "[QCHI] intersects with other things we're doing," says Bulat, who is also Executive Director of the Bi-State Regional Commission. "QCHI has the ear of certain sectors and [Bi-State] may want to bounce something off of them...the Initiative always helps to gel those other conversations about health, especially when it comes to regional work." And whether it's that regional work or a personal workout, Bulat sees it all interconnecting for the betterment of the Quad Cities. "It's so great to hear and see how everyone is working on different fronts, yet it all works together and all makes a difference."

Board Stories



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