

## BRIAN STRUSZ

*Board Member since 2019  
Fundraising Committee Member*

You may know Brian Strusz as a family man, a school superintendent, or coach. Several years ago he'd self-describe as someone who needed a friend to keep things real. The busyness of life had led him to be 70 pounds overweight and climbing—until a close colleague said, “we need to address this, Brian.” That friend (who still inspires him to stay active today) helped bring about much more than weight loss. “Dropping those pounds became a lifestyle change and pivotal to so much of my active day—whether it’s running and biking now with friends, or walking with my wife,” says Strusz. He’s found accountability and companionship also helps with emotional/mental health. “When I work out by myself my mind goes to work. When I’m with someone else I find it’s a much different level of relaxation.” Strusz admits it’s been harder to relax since the start of COVID. The extra stresses and strains on students, teachers and staff in his care have kept him up at night, but he says one of the best ways to help others (even/especially in a pandemic) is through emotional support. “It’s all about relationships...really knowing and caring for people.” Relationship is also what he most appreciates about QCHI. Strusz says it can be eye opening hearing other leaders’ experiences and viewpoints. He emphasizes the connections QCHI makes possible are priceless—for the betterment of all in the Quad Cities. “I’ve come to trust everyone around the [QCHI Board] table because I have a relationship with them.” Connecting and collaborating--foundational things Strusz insists can be transformational for the individual, the organization, and the community.

# Board Stories

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