A picture containing tree, person, person, outdoor

Description automatically generatedChris Vykukal, CHES

Wellness Coordinator, City of Austin

Chris Vykukal is a health educator with over 11 years of health and fitness experience. He currently manages the City of Austin’s employee wellness program, HealthyConnections. Chris began his wellness journey as a Paratrooper in the US Army where he was cross-trained as a Medic, received his national EMT certification, and developed and led daily Physical Training. After leaving the Army, he graduated with honors from Texas State University and received his bachelors in Health and Wellness Promotion. Chris holds his Certified Health Education Specialist (CHES) credentialing and is a certified personal trainer.