**Person of the Month**

Ambar Nunez
Age: 15
Community: Washington Heights

Ambar was one of the first participants in our Healthy Heights on Wheels program. She joined us in the early weeks of the program, and I could see from her very first ride that she was an exceptional cyclist. She quickly adapted to the challenges of cycling and soon became a leader in the group. I was impressed by her dedication and her ability to inspire others.

Ambar is a great example of what our program is about. She is a young girl who is passionate about cycling, and she is using her skills to make a difference in her community. I am so proud of everything she has accomplished and I look forward to seeing where she goes from here.

Ambar's advice for future participants:
- Be patient and persistent. It's okay to have bad days and good days, but never give up.
- Don't be afraid to ask questions or seek help when needed.
- Remember that everyone else is also learning and growing together.

Ambar's advice for her past self:
- Don't be afraid to step out of your comfort zone.
- Believe in yourself and your abilities.
- Don't let setbacks or failures discourage you.

Ambar's advice for her coaches:
- Continue to challenge me and push me to be my best self.
- I appreciate the support and encouragement you've given me.

As a member of Healthy Heights on Wheels, Ambar has been a valuable asset to our program. Her hard work and dedication have made a big difference in our community. I am honored to have her as a part of our team.