



Five Strengths of a Wellness Champion

Creating a culture of health and wellness in the workplace takes a group of champions to implement.

Here are five strengths of a wellness champion:

- 1. Lead by example.** Wellness is a journey that takes teamwork. Be an example of what wellness looks like and how it can be part of the everyday lifestyle.
- 2. Support others in their wellness goals.** Changing behaviors to live a healthier lifestyle is a big challenge. Support and encourage wellness goals, and be someone that others can rely on.
- 3. Recognize healthy behaviors.** This will help people who are trying to make lifestyle changes stay motivated and working toward their goals.
- 4. Take away temptations.** Help make the healthy choice the easy choice by removing candy, junk food, and other unhealthy stimuli from the workplace.
- 5. Make time for fun.** Having fun is an important part of our mental, physical, and emotional wellbeing. Making time for fun can help build camaraderie, improve your mood, and boost productivity.

Want more?

Learn more about the strengths of a wellness champion at PacificSource.com/wellnesschampion.

