



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**
2. **Support others in their wellness goals**
3. **Recognize healthy behaviors**
4. **Take away temptations**
5. **Make time for fun**

Want more?

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



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