



WHAT DOES IT MEAN TO BE A WELLNESS CHAMPION?

Communicator

Encourager

Relationship Builder

Advocate

Wellness Champion Commitment:

- ◇ Be a wellness role model by committing to the wellness program initiatives, participating in the program, and making consistent effort to make good choices.
- ◇ Encourage others through the process.
- ◇ Help others to focus on the reason for wellness, not just meeting the goal.
- ◇ Bring people together to form a cohesive team and build positive relationships.
- ◇ Commit to the program for the school year.
- ◇ **Earn 250 points for entire school year commitment.**

The Wellness Champion does not:

- ◇ Does not need to be an expert in wellness or “have it all together”. We are humans helping other humans!
- ◇ Does not have to be THE person to coordinate or conduct group activities.
- ◇ Does not collect “paperwork” from staff.

