



## WHAT DOES IT MEAN TO BE A WELLNESS CHAMPION?

**Communicator**  
**Encourager**  
**Relationship Builder**  
**Advocate**

### Who are my Wellness Champions?

Elysia Rodriguez

### What is their role?

**Communicator** - The go to person about the FSD145 Wellness Program. Answering questions such as, "Where do I turn in my challenge documents?" or, "Where do I find wellness exam forms?"

**Encourager** - There to cheer me on!

**Relationship Builder** - Encouraging us as a building or department to share out hobbies and passions, and connect with others. Share a bike ride, craft, mindfulness meditation, walking group, fruit and veggie day, etc.

**Advocate** - Provide staff meeting reminders and/or notice posted in staff areas.

### What they are not?

Expected to organize **your** group activity.

Collect paperwork, record and monitor wellness points. These should always be sent to [health@fsd145.org](mailto:health@fsd145.org) or submitted through the Google form.

## 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.

