

What is a Wellness Champion?

A Wellness Champion is an ambassador for Holyoke Workplace Wellness, sharing information with their department, engaging friends and colleagues about Workplace Wellness programs, and creating excitement around living healthier, more active lives.

The job of a Wellness Champion is to first understand the importance of the wellness initiative and their role in meeting objectives. Responsibilities may include:

- Be a role model to your department with honesty and effort in living a healthier lifestyle, not matter where you are on the journey
- Attend one Wellness Committee Meeting per month
- Brainstorm program ideas
- Organize, promote, and participate in department or city-wide activities and events
- Define a specific communication plan
- Distribute marketing provided by Wellness Coordinator
- Serve as Wellness Champion by encouraging and motivating co-workers to participate in and learn about wellness programs
- Advocate on behalf of department to the Wellness Committee current needs and ideas
- Provide feedback
- Assist with evaluation of program

