



## CHAMPION CHECKLIST

Thanks for being a HealthySteps to Wellness Champion! Now that you're part of the community, see some of our favorite ways to engage as a Champion. Check off the boxes as you go and think of other ways you can help others thrive every day:

### Get started here

- ☐ Let your colleagues know you are a Wellness Champion!
- ☐ Connect with other Champions within your workgroup (if there are any)
- ☐ Encourage a colleague to become a Wellness Champion

### Explore our resources

- ☐ Share the monthly wellness tip with colleagues or post it at your worksite (if allowed)
- ☐ Attend a Champions-only workshop
- ☐ Set up a free [Team Offering](#) for your workgroup

### Engage with your team

- ☐ Use the [Stretch Break](#) guide with your colleagues
- ☐ Start a meeting with gratitude moments or colleague recognition/appreciation
- ☐ Suggest an outdoor/ walking meeting

### Visit our [website](#)

- ☐ Encourage a colleague to log in to the wellness platform & explore activities
- ☐ Learn about [Educational Assistance Funds](#)
- ☐ Search and register for [Healthy Living offerings](#)