

WELLNESS CHAMPION CHEER KIT



**Any time is the perfect time to help
build community and energy.**

Incorporate these CHEER guidelines to create a healthy work environment:

Communicate

HealthySteps to Wellness is your partner

Expert on wellness platform and HealthySteps to Wellness website

Enthusiastic about joining forces as a community of Wellness Champions

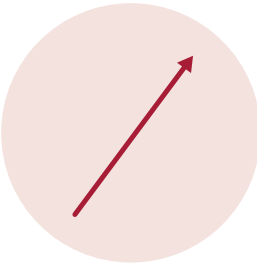
Role Model to others

Exercise Mindset Tip #1

Focus on Commitment Instead of Motivation



MOTIVATION



COMMITMENT

Exercise Mindset Tip #2

Notice Where Your Energy is Going

Energy Chart	Energizing (+) Depleting (-) or Neutral (=) ?	How much of a priority is this in my life right now? Scale of 1 (low) to 10 (high)	How much of a priority would I like this to be? Scale of 1 (low) to 10 (high)
Work/Career/Calling			
Financial Success			
Spouse/Partner			
Children			
Family			
Friends			
Physical Activity			
Creativity/Self-Expression (Leisure if these two do not apply)			
Enjoyment/Happiness			
Learning/Growth			
Service to Others/Contribution			

Schwartz, T. (2010). *The way we're working isn't working*. New York, NY: Free Press. 252.

Exercise Mindset Tip #3

Some Exercise is Better Than None

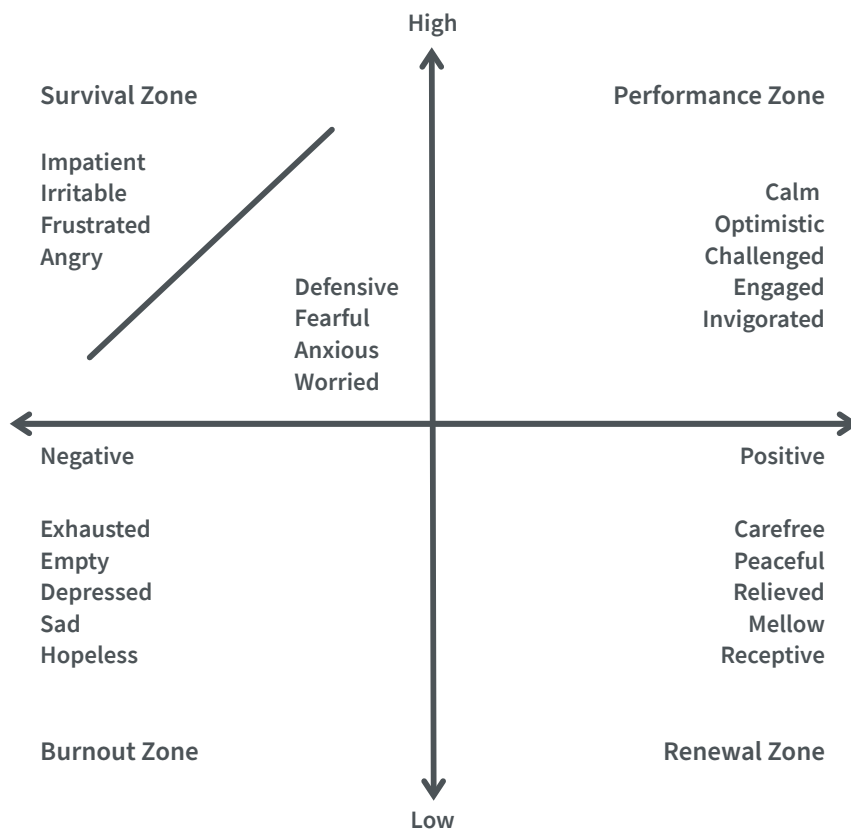
OUR EXERCISE MINDSET PREDICTS

- Past Exercise Frequency
- Self-Efficacy
- Fitness Self-Value

Note: Your exercise mindset becomes more adaptive when you can recognize all types of movement and physical activity that occurs in your everyday life.

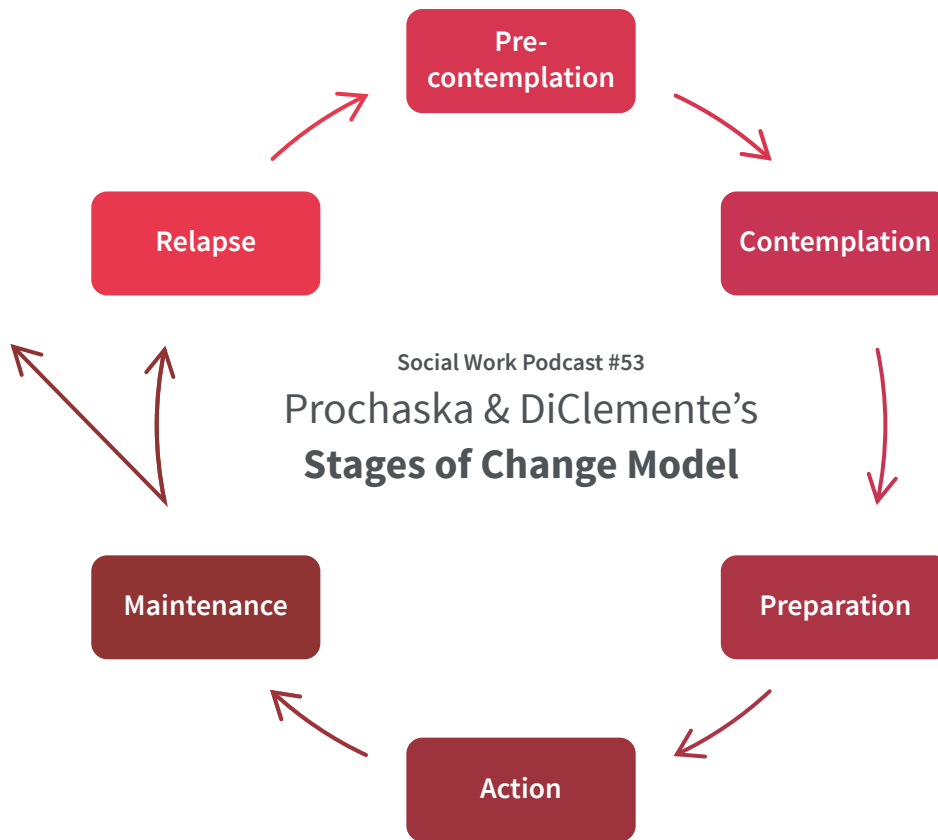
Exercise Mindset Tip #4

Notice Your Energy Zone



Schwartz, T. (2010). *The way we're working isn't working*. New York, NY: Free Press. 123.

Exercise Mindset Tip #5 Revising is Inevitable



<https://bhamblet.wordpress.com/2018/09/14/indigo30-day-11-the-stages-of-change/>

Exercise Mindset Tips

Tip #1: Focus on Commitment Instead of Motivation

Tip #2: Notice Where Your Energy is Going

Tip #3: Some Exercise is Better Than None

Tip #4: Notice Your Energy Zone

Tip #5: Revising is Inevitable