



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)
- Attend a Champions-only workshop

Explore our resources

- Explore and share our Champion tools & resources
- Learn about Wellness Grants
- Connect with Team Care for tailored wellness support for you and your team

Engage with your team

- Use the Stretch Break guide with your colleagues
- Suggest an outdoor/ walking meeting
- Nominate a colleague for Wellness Champion of the Month

Visit our website

- Encourage a colleague to log in to the wellness platform & explore activities
- Check out our wellness platform short video guides
- Search and register for Healthy Living offerings