

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

5 Keys to Success

1. It's okay to scale back and start small.
2. Doing something small and achievable is better than doing nothing at all.
3. Focus on what builds energy and excitement rather than on adding 'one more thing.'
4. The HealthySteps to Wellness team is always here to help.
5. The HealthySteps to Wellness team appreciates you!

Consider these options if you want to create easy, achievable team wellness challenges for yourself or your team.

SLEEP

- Go to bed 30 minutes earlier than usual twice in one week
- Shut down all screen activity (cell, laptop, computer, iPad, etc.) 30 minutes before bed; increase to 60 minutes for an added challenge
- Gently stretch for 10 minutes before bed twice in one week

PHYSICAL ACTIVITY

- Take 1-2 walks for 20-30 minutes in one week
- Take a 2-minute stretch break together at work once a day for 5 days
- Take a break and walk to a lunch spot outside of your typical work space twice in one week

NUTRITION

- Kick your week off by preparing your favorite, most nourishing and energy-boosting meal on Sunday; share the recipe with your colleagues on Monday
- Pack your lunch in advance three times for one week
- Adjust dinner portions for three days for one week so your meal fits on a small plate with vegetables filling half of the plate

QUESTIONS? Contact us at healthysteps@stanfordhealthcare.org

How to create a CHEER plan for your department.

**From the work of Dr. Kate Lorig, Chronic Disease Self-Management Program, Stanford Patient Education Research Center and Self-Management Resource Center*

THE CHEER PLAN

1. Something that you (or your team) genuinely want to do

2. Achievable

3. Action-specific

4. Answer the questions:

a. What? (specific action)

b. How much? (time, distance or amount)

c. When? (time of day or which days of the week)

d. How often? (number of days in the week)

5. Confidence level of 7 or more

on a scale of 1-10 (1 = not at all confident
10 = extremely confident)

EXAMPLES

- *I will share Wellness Champion Newsletter updates once a month at huddle*
(confidence level = 10)
- *I will organize one wellness team challenge to kick off the new fiscal year in August; it will last 30 days and I will work with my team to target one of four behaviors: nutrition, sleep, relaxation, physical activity*
(confidence level = 7)
- *I will take a walking break away from my work space once a week for one month and invite 2 colleagues to join me*
(confidence level = 8)

MY CHEER PLAN

1. _____

2. _____

3. _____

4. _____

5. _____