

# Wellness Champions



The Sound Partnership is looking for Wellness Champions to be the heart and soul of wellness initiatives for Tacoma Public Schools. As a Wellness Champion you will be able to make extraordinary strides toward improving personal health as well as the health of your co-workers. Ideally, we would like to have a Wellness Champion at every location.

## What is a Wellness Champion?

The word “**champion**” is commonly defined as one of the following:

- **Noun:** a person who has defeated all *opponents* in a competition...
- **Verb:** to act as champion of; defend; support: to champion a *cause*.

A **Tacoma Public Schools Wellness Champion** is an employee who represents both definitions:

- The “opponents” that they have defeated are “unhealthy behaviors”, and
- The “cause” that they are championing for is “good health and well being”.



With that said, a **Tacoma Public School Wellness Champion** is an employee with a commitment to health that volunteers to serve as an ambassador for The Sound Partnership’s Wellness Program, **Achieving4Life\***.

## Why be a Wellness Champion?

With the increasing demands at the workplace as well as in our personal lives, maintaining a healthy lifestyle has become a challenge to many people.

As a Wellness Champion, you can create excitement in your work location around leading a healthy lifestyle and provide your co-workers with the resources and tools necessary to successfully do so!

## What Will You Do?

1. Effectively communicate to employees the availability of wellness programs and resources.
2. Encourage employees to utilize these services.
3. Promote the creation of a healthy workplace.
4. Create an **Achieving4Life** bulletin board in your work area to display communications about events, promotions or healthy messages.
5. Assist in the implementation and coordination of wellness initiatives.

## How Do You Get Involved?

If you are looking for a unique opportunity to help yourself and others to improve health and well-being, please become a Tacoma Public Schools Wellness Champion. To do so, please e-mail The Sound Partnership’s Wellness Communication Specialist @ **scarmod@tacoma.k12.wa.us**.



We would like to have a Wellness Champion Kick-Off Event. The official date is TBD by volunteers.

## Why Else Volunteer?

All Wellness Champions will be given a T-Shirt and those who meet certain goals will be rewarded for their efforts at the end of the year.

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\*The overarching goal of the **Achieving4Life** program is to provide the education, motivation, and tools necessary to help improve employee health and well being while reducing risk factors associated with the leading cause of death and disability.