

Two-Minute Tuesday Video Script: Wellness Champion Program

<http://www.pinellascounty.org/hr/two/videos/wellnesschamps/wellnesschamps.html>

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Welcome to Two-Minute Tuesday. I'm Crystal Lockwood, your Health and Wellness Manager. Today we are going to discuss our exceptional Wellness Champion Program.

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Wellness Champions are truly the backbone of our wellness programming. A Wellness Champion is an employee who volunteers their time to advocate and promote health and wellness opportunities to their fellow co-workers at their specific work location. The goal is for every Pinellas County department to have a Champion who strives to improve the overall health and wellness of their colleagues.

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The goal of the Wellness team, Champions included, is to ensure that employees have the opportunities for a healthier lifestyle and access to the resources needed to be healthy during work time and when at home. This includes spouses and domestic partners too.

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What does a Champion do? That's a great question! Some of the duties include supporting a healthy worksite environment, fun wellness activities during the work day, distribution of wellness communications pieces and coordinating wellness activities and events at their worksite. For example, have you ever wondered how a wellness series came to be or how free preventive screenings were scheduled? Well, your Champion helps make that happen! Champions also assist with tracking and sharing results of wellness activities and success stories. An even better part of the position includes taking part in physical activity and organizing those events—for example, the WalkingU program.

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As an employee, it's important to take ownership of your health. Fortunately though Pinellas County offers many opportunities to get involved with wellness programs that are of interest to you. So give your champions feedback, ideas or suggestions, participate in program surveys, and show your appreciation for all they do.

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If you don't know who your Champion is, visit our website and see the list by department.

[<http://www.PinellasCounty.org/HR/Champion>]

Would you actually like to be a Champion?! If so please email wellness@pinellascounty.org or just let your Champion know.

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Thanks for tuning in to Two-Minute Tuesday. To subscribe or watch previous episodes, visit us online.