



Wellness Ambassadors are volunteers who help promote health and wellness throughout the USU community. USU Wellness hopes each department will have a Wellness Ambassador! There is no term limit for Wellness Ambassadors. Individuals may serve indefinitely, but we hope you will commit for at least a year.

10 Responsibilities for Wellness Ambassadors:

- _____ Have your FREE fitness assessment (so you can recommend one to coworkers)
- _____ Wear a pedometer and encourage others to do so. Aim for 10,000 steps each day
- _____ Forward electronic wellness updates to coworkers
- _____ Present information on wellness events and programs at meetings
- _____ Provide a direct link to www.usu.edu/wellness on your department home page
- _____ Encourage healthy habits by coordinating healthy lunches and snack options for meetings and parties, promoting walking meetings, and helping to find creative ways that promote physical activity, healthy eating, and relieving stress in the workplace
- _____ Challenge co-workers to improve fitness levels and to “step out of the box” with their physical activity
- _____ Organize at least one office challenge each year. You provide the leadership; we’ll provide some prizes
- _____ Be on the lookout for inspiring stories and share them with us
- _____ Provide feedback to the USU Wellness Program through our website

10 Benefits for Wellness Ambassadors:

- _____ Receive a FREE Be Well Ambassador t-shirt
- _____ Receive a FREE *Be Well Ice Cream Scoop and Fruit*
- _____ Receive a FREE *Be Well* meal at The Hub or *Be Well* Breakfast at the Quadside Cafe
- _____ Receive a coupon for a pedometer (more are sold for \$22.36 in the employee wellness center, HPER 109)
- _____ Be informed about the USU Wellness Program
- _____ Be recognized in your department as an advocate for health and wellness
- _____ Be motivated to continue forward on your wellness journey
- _____ Receive emails about wellness-related activities and lectures
- _____ Be a member of the USU Wellness Team
- _____ Inspire others

Support: Wellness Ambassadors will receive support (handouts, ideas, tips, resource referrals, online links and tools) from the Wellness Program as needed. We can also help coordinate presentations, workshops, or health screenings for your group. For more information, please contact nicole.jackson@usu.edu (435-797-1807).

Please provide the following:

Name	Email		
Dept	Building	UMC	Phone
T-shirt Size	Number of employees that you represent/influence in your work area		

Please provide a short description of your commitment and goals in relation to wellness

With your application, **please email a photo** of you doing something you love to be posted on the website.

May we share this story with others? Y or N Please email us when you receive your welcome packet.