

CMU Wellness Advocates are ambassadors for health and well-being on campus who act as liaisons between their departments and *CMU's Your Health, It's Central* employee wellness program. You know your coworkers and your work environment and therefore are at an advantage to encourage your colleagues to adopt and maintain healthy habits. You play a vital role in creating and supporting a culture of health at CMU that helps everyone to thrive.

What will I do as a Wellness Advocate?

- Participate, set an example for others - help the CMU Employee Wellness program succeed
- Run at least 1 program/challenge in your area/building/department each quarter **RECEIVE 1,000 PULSEPOINTS**
- Encourage friends and colleagues to participate in campus health and well-being programs and events
- Be the eyes, ears, arms and legs of the program
- Provide feedback to the CMU Employee Wellness Program staff – thoughts, ideas and suggestions from your area/colleagues

What is the time commitment?

Wellness Advocates volunteer to serve one year at a time (typically July 1 – June 30) and the time commitment is minimal.

What are the characteristics and qualities of a CMU Wellness Advocate?

- **Encourages a culture of health through camaraderie, enthusiasm and leadership.**
 - Friendly and approachable
 - Confident and credible
 - Effective communicator and good listener
 - Team player
- **Passionate about health and well-being but not fanatical:** Someone who models healthy behaviors but understands that everyone has different goals and may be in different places in their wellness journey.
- **Leads by Example:** Someone who walks the talk and visibly participates in healthy behaviors. You don't need to be the healthiest and most fit person in your department to be a wellness advocate. Some of the best advocates are people who are working on becoming their best self and can share their challenges and successes with others.
- **Caring and committed to the CMU wellness goals:** A great wellness advocate takes their job seriously and is strongly committed to sharing the benefits of the CMU employee wellness program.

How can I promote wellness in my area?

Keep it simple! As a wellness advocate, you will have access to ideas from fellow advocates as well as receiving emails with ideas focused on monthly wellness topics.

- Start a walking group on breaks, at lunchtime or after work
- Encourage colleagues to take the stairs instead of the elevator
- Host a healthy pot luck and share recipes
- Create a healthy snacking challenge
- Make your own trail mix
- Create a well-being space for coloring, reflection, meditation, relaxation, etc.

How do I volunteer to become a Wellness Advocate?

If you are interested in making a difference and in becoming a CMU Wellness Advocate, please contact Tammy Griffin, Manager/Employee Health & Wellness at griff1tj@cmich.edu or by calling (989) 774-3198.
