



Champion Checklist

Thank you for being a **Wellness Champion!**

Thanks for being a Virgin Pulse Champion! You are instrumental to the success of the Virgin Pulse program in your organization. Below are some of our favorite ways you can get people involved and motivated. Check off the boxes as you complete each task and think of other cool ways you can help others live better every day

- Start a lunchtime walking group (in person or virtual)
- Attend the Wellness Champion Monthly Meeting
- Print/share a map showing local trails and bike paths.
- Set up a Healthy Habit Challenge for your team.
- Enlist at least 5 colleagues to invite 3 or more co-workers to join
- Schedule a virtual movement break to encourage your team to move!
- Set up a Virgin Pulse Demo for your team or department.
- Challenge a coworker to a Weekday Step-Off Challenge.
- Reward top participating members with compliments through a Shout Out
- Add your fellow Wellness Champions as a friend.
- Let your co-workers know you are a Wellness Champion!
- Add at least 5 coworkers as friends on your Virgin Pulse platform.