

# May 2021 Wellness Champions



## A Good Time to Get Moving!

Calling all Wellness Champions! Let's get moving! We are fortunate to have Wellness Champions at many state agencies across North Carolina. Each wellness program is unique and serves its own unique group of employees. Some programs are beginning or have a new leader, while others are established and run like a well-oiled machine.



No matter how simple or complex your program is, we all must invest time and energy to be successful. Keys to a successful program include evaluating, planning, implementing, and assessing what works and what doesn't work.

Whatever stage you are in, take time to work on your program. Get buy-in from your administration and target audience. Define your goals, plan ahead and make sure what you implement is well thought out. Keep your efforts simple and don't overdo it. Start slowly and work your way up to bigger endeavors. Promote your program and always keep it positive.

Here are some quick and easy ways to get going!

- Host a healthy lunch or provide healthy snacks
- Start a walking group

- Organize a worksite wellness campaign (example: Miles for Wellness)
- Create a blood pressure station for employees
- Host *The Biggest Loser*
- Host a lunch and learn (add a virtual option)
- Have a scavenger hunt and give prizes to winners
- Set up a volunteer activity for the office (go to a charity or collect items to donate to a charity)
- Create a monthly wellness e-newsletter for employees

To find additional activities and resources – or sign up to become a Wellness Champion – visit the State Health Plan website at [www.shpnc.org](http://www.shpnc.org), click on “Wellness” and then “Wellness Champions.”

Need to talk through some ideas or want to contribute ideas to the Wellness Champions webpage? Email Sonya Dunn at [sonya.dunn@nctreasurer.com](mailto:sonya.dunn@nctreasurer.com).

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This Month's  
Healthy  
Recipe

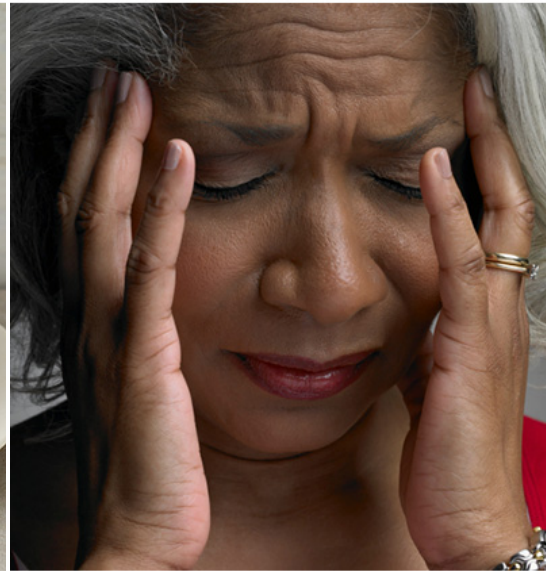


This Month's  
Wellness  
Tip



**Sweet Potato  
Black Bean Burgers**

[Get the Recipe! >](#)



**Signs and Symptoms  
of a Stroke**

[Learn More! >](#)

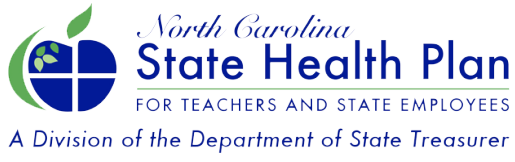
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Questions?

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