

With the demands of our jobs, homes, and families, we can't always maintain a healthy lifestyle 100% of the time. Getting healthy and/or staying that way is always a challenge.

So with all of these new and exciting programs we are going to have in conjunction with our ***Building Healthy Lifestyles Wellness Program***, we are looking for *Wellness Ambassadors* from each school or site to be a part of our team. This is your opportunity to do something for yourself and your co-workers at the same time.

### **What is a Wellness Ambassador?**

A wellness ambassador is an employee who is willing to volunteer their time to serve as an ambassador for the *Building Healthy Lifestyles Wellness Program* at their school/site. This role will be essential to the overall success of the program.

We are looking for real people. You don't have to be a size 2 or in perfect health. We want volunteers who are passionate about helping themselves and their fellow employees to understand their health and the options they have to help them maintain a healthy lifestyle.

### **What would I do as a Wellness Ambassador?**

- Assist in the implementation and coordination of some of the wellness programs that are being offered.
- Attend and help with the Annual Building Healthy Lifestyles Wellness Fair.
- Be responsible for promoting the programs and actively encourage the participation of your co-workers and fellow employees.
- Help distribute communication on the upcoming initiatives and be able to answer questions about them.
- Communicate questions, concerns, suggestions and ideas from you or your co-workers back to the Wellness Committee for review and response.

### **How much of my time would be required?**

We would like each ambassador to serve for one school year. Serving as a wellness ambassador will not take a lot of extra time during your day, we only ask that you spend enough to effectively help us reach our goals.

### **What if I cannot continue as an ambassador?**

We understand that things can happen and certain circumstances may not allow you to continue. We ask that you inform us as soon as possible, and try to find a co-worker to take your place at your school/site.

***Your help and support is needed and certainly appreciated!  
Wellness Ambassadors will receive recognition and a reward  
for their participation ☺***

## Wellness Ambassador Contact Form

**NAME** \_\_\_\_\_

**EMPLOYEE ID #** \_\_\_\_\_

**SCHOOL SITE/DEPT.** \_\_\_\_\_

**EMAIL ADDRESS** \_\_\_\_\_

**WORK PHONE** \_\_\_\_\_

**Please share any goals for your site or ideas you would like to include in our wellness program:**

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- ❖ I agree to act as the Wellness Ambassador for my school/site for a term of one school year.
- ❖ I will assist in coordinating and promoting the Building Healthy Lifestyles wellness program to my fellow co-workers and encourage their participation in the various activities being offered.
- ❖ If I cannot continue as ambassador, I will inform the Benefits Department as soon as possible and try to find a replacement at my school/site.

**Employee Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Principal/Director (please initial)** \_\_\_\_\_

Please submit this form to: Stephanie Morris, Employee Benefits Department by:

Fax 772-219-1226 or Email: [morriss@martin.k12.fl.us](mailto:morriss@martin.k12.fl.us)