



WELLNESS CHAMPIONS GET ACTIVE!

Wellness Champions are teachers and state employees who are health and wellness advocates at their worksites. The State Health Plan is committed to helping Wellness Champions and their co-workers stay healthy and active.

Learn more!

To find additional resources – or sign up to become a Wellness Champion – visit the State Health Plan website at www.shpnc.org click on “Wellness” and then “Wellness Champions”!

Here are some quick and easy ways to get started!

- Host a healthy lunch or 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 & learn (add a virtual option)
- Have a scavenger hunt & 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