



Vitality Champions

Vitality Champions is entirely a volunteer program. Champions meet by phone once a month to exchange information and generally discuss health enhancement issues and ideas on how to promote health at an individual work location. Vitality Champions are crucial to developing SCCOE's wellness program and to building positive environments that are mindful and supportive of healthy living.

Vitality Champion Characteristics

- Motivated to improve and maintain a healthy lifestyle
- Has experienced the benefits of healthy living and can share ideas with others
- A natural leader and/or motivated to learn new leadership skills
- Positive attitude
- Good work performance
- Comfortable talking and promoting wellness to individuals and groups
- Comfortable teaching others how to use the online Vitality program

Roles and Responsibilities:

1. Describe and communicate staff wellness and benefit programs when appropriate.
2. Promote and encourage participation in work site wellness activities and screenings, model healthy behaviors and be a resource for staff.
3. Assist in the planning, implementation and coordination of wellness initiatives at individual locations based upon the program's parameters.
4. Attend and become Vitality Champ certified.
5. Assist staff at individual location to register with Vitality.
6. Attend continuing monthly meetings/education sessions via teleconference.
7. Assist in staff needs and interest surveys to identify goals and objectives for the year.
8. Provide activity reports and other summaries to highlight the employee wellness program, including progress made, issues and concerns encountered, and follow-up, as needed.
9. Recognize and celebrate staff wellness efforts.

The Vitality Group and the SCCOE Wellness Program assist Vitality Champions by providing a host of different tools and resources to successfully promote the program including:

- Vitality Champion accreditations via teleconferences and onsite visits
- Standard Vitality Champion support materials
- Event scheduling assistance
- Help to achieve success through communication and education such as monthly bulletins
- Continuing education sessions
- Assist in composing success stories relating to the wellness programs