

Idea to increase participation in general: time is likely the largest barrier, especially for administration. Have committee try different wellness initiatives (drink more water, exercise, etc.) for 1 week and reflect on how they were able to make the time for it and then share that out. Could use Pete Morrell's model for tracking how time is used. Perhaps come up with a toolkit with ideas of how to make time for wellness.

Committee member name: **Danielle Bock**

What wellness initiative did you focus on fitting into your day?

Workout 3x week, including Monday & Weds Cross Training classes at Aims.

-Is this a new initiative you tried, or something you have worked on for a while?

This is new. I have been looking for a commuter friendly place to work out for 2 years.

What barriers did you anticipate?

Getting too busy with daily activities and not committing the time needed to this wellness initiative.

How were you able to overcome those barriers and/or what are you going to try differently next time?

- 1. I purposely scheduled time in my physical and electronic calendars that I utilize while I am at work.**
- 2. I told those around me about my goal and my plans for meeting that goal. This helped to gain their support.**
- 3. I signed up for a class.**

Advice for others trying to fit this healthy habit into their life?

- 1. Implement this activity towards the end of the day. It provided me with an opportunity to sweat out my day's stress before I go home at the end of the day.**
- 2. If you don't have the time to get to the gym, order some car friendly fitness equipment, like grip strengtheners or a lumber support.**