

*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: Linda Dolan

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

**Get up from my desk and walk 750 steps every hour that I'm at work**

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

**This was a new initiative for me**

What barriers did you anticipate?

**Becoming so focused on work that I forget how much time has gone by without my moving from my desk; meetings and conference calls could impact my ability to walk around as well**

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

**I have a Fitbit and I set a reminder for every hour, reminding me to get up and move**

**If appropriate and not a distraction, I walk around during meetings that last more than 40 minutes**

**During conference calls, I walk around my office**

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

**Get a Fitbit, or set an alarm on your computer or phone to remind you to get up and move every hour**

**A Fitbit tracks your steps; an iPhone will also track your steps; pedometers are an inexpensive way to track your steps**

**Instead of scanning documents and emailing them, I walk it to the person who needs it if they are on campus – gets me up from my desk**

**Set a realistic step goal for the first few weeks, one that will work well within the framework of your daily work activities**

**\*\*Optional worksheet on back for planning wellness into your weekly schedule**