

*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:   Lori Geisick

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

**Walking 20 minutes on treadmill daily.**

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

**Trying to find a good time am or pm.**

What barriers did you anticipate?

**Time restraints, travel for work, not being consistent**

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

**Walking in the morning before day is too hectic.**

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

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