

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: Michael Ringhand

What wellness initiative did you focus on fitting into your day? ^① Complete the hard task first

^② Set up tread mill + Bike trainer in loft hung tv on wall to stay motivated no chairs in area

-Is this a new initiative you tried, or something you have worked on for a while? ^① Continue to

improve on this

^② Continue to stay on this

What barriers did you anticipate? ^① Time anxiety.

^② Had to take a day to move things around setup

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

^① Keep focused remember how good it feels to check this off your list step back and enjoy the outcomes. ^② YES

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

^① Take a large amount of stress off of you.

^② Everyone seems to watch a favorite show perfect time to keep moving

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