

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: ____ Pam Stoll _____

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

Return to the gym – not daily – 3x's per week

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

Was going for quite some time, then stopped – have not gone for about a year.

What barriers did you anticipate?

The voice in my head that says 'I don't want to' so I find excuses.

Timing of available days after work because of other evening commitments.

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

Found my "Motivation":

Got on the scales, weight inching up because I am not moving enough;

Ankles & feel ache at night because I am not moving enough;

General feeling of 'blah' because of lack of exercise.

Timing:

Planning and prepping

Planning dinners to be ready when getting home by using the crock pot or planned pressure cooker meal or great left overs.

Have gym clothes ready each evening for tomorrow.

Made the mental commitment, decide to fight the 'I don't want to's'.

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

- Find your motivation.
- Discover your cost benefit – Just in this one week I can feel the difference in my ankle & feet and in how my pants are fitting again and how I internally feel about myself.

- Think through the possible obstacles and make a plan to concur them. This includes yourself – get out of your own way! I had to get out of my own way.
- Plan, Schedule and Prepare.
- Just do it once, then once again, then once again and repeat and repeat and repeat.

I read this on the wall of my weight loss clinic:

“Motivation is what gets you started. Habit is what keeps you going.”

Build the habit by: Just do it once, then once again, repeat and repeat – 21 days to form a habit.

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