

**PLACE
LOGO
HERE**

WELLNESS CHAMPION PLEDGE

Wellness Champions support the (Company Name) Wellness program by communicating with co-workers about the wellness program and available resources. They encourage fellow employees to take advantage of these services, champion the creation of a healthy workplace culture and promote healthy habits.

Your willingness to help improve the emotional and physical health and well-being of your co-workers is very important. Although your role is vital to our Wellness Program, the time commitment is minimal. Please read the following Wellness Champion Pledge and sign below.

As a Wellness Champion, I Pledge to:

- Serve as the contact person in organizing events specific to our Wellness Program.
- Serve as a motivator to continuously encourage my fellow co-workers to lead a healthy and active lifestyle.
- Participate in ongoing conference call and meetings with other Wellness Champions to discuss upcoming campaigns, challenges and events.
- Act as the voice for your department and as an advocate for co-workers to create a healthier, more enjoyable workplace.
- Commit to preserving the dignity and confidentiality of my co-workers as we work together to create a culture of health.

Yes. I would like to be a wellness champion! I agree to support the program by keeping this pledge.

Signature

_____/_____/_____
Date

Printed Name

Department