



CHAMPION

# CHAMPION CHECKLIST

**Thanks for being a Virgin Pulse Champion!** You are instrumental to the success of the Virgin Pulse program in your organization. Below are some of our favorite ways you can get people involved and motivated. Check off the boxes as you complete each task and think of other cool ways you can help others live better every day.



Start a lunchtime walking group.



Hang posters in new places or by your desk.



Organize a healthy potluck event at work.



Set up a healthy snack box.



Compete with fellow champions to see who can enroll the most people.



Visit the Champion Resource Center for tips, tricks, posters and more.



Enlist at least 5 colleagues to invite 3 or more co-workers to join.



Schedule stretch breaks throughout the day. Invite others to join!



Print a map showing local trails and bike paths.



Send monthly updates to let everyone know how the program is doing.



Reward top participating members with compliments and applause.



Let your co-workers know you are a champion!