

## Team Member Role

The role of the wellness committee member is to champion, assist in planning, implement and gather feedback for Fitness at SPS Tower.

## Requirements

- Compassionate and enthusiastic desire to improve the health and well-being of Fitness at SPS Tower Members
- Available to attend and be actively engaged for 30 minutes at site monthly wellness committee meetings or creatively contribute to the wellness committee goals through personal skills or talents (planning, communication, marketing, etc.)
- Commitment to serve as a wellness committee member for 1 year

## Responsibilities

- Actively promote the Fitness a SPS Tower strategy and the activities within your office through the use of meetings, emails, posters, intranet, newsletters, etc.
- Assist with planning onsite programs/events
- Provide feedback to the wellness committee leadership team about your thoughts, ideas, and suggestions, as well as feedback from your coworkers.
- Recommend policy and environmental changes that are aimed at improving the health and well-being of SPS Tower tenants.

## Wellness Committee Member Pledge

The Fitness at SPS Tower Wellness Committee encourages personal ownership of the programs and activities and helps activities and programs succeed. Wellness Committee members help carry out the program by overseeing and/or promoting the program in their office. They represent their coworkers by collecting ideas and feedback about the program. Our goal is to further our hopes of being a great place to work where people come to work happy, healthy and safe and leave happy, healthy and safe. You don't have to be a marathon runner to join- just have a commitment to making the Wellness Committee be the best possible!

### **YES! I would like to be a Wellness Committee Member!**

**I agree to not only support the Fitness at SPS Tower Wellness Committee strategy by my participation, but to work with my company to support the initiatives. The Fitness at SPS Tower Wellness Committee team can count on me to be a messenger and motivator and to help gather information from my coworkers and managers to better formulate a program to create a culture of health at SPS Tower.**

**I also understand that I will be able to commit to at least one year to the Wellness Committee and include my activities on the team as a dedicated workplan item.**

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Wellness Committee Member Name

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Employer

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Wellness Committee Member Signature

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Date