

SMALL STARTS @ WORSHIP

Quick-Start Guide

Tips, ideas, and advice for starting a successful wellness program



Be the Example

Committed and engaged leadership is essential for success. Be sure there's at least one leader from your faith community who will "walk the talk" and actively participate in the program. This helps inspire and encourage others.

Identify Wellness Champions

Designate a group to be responsible for designing, implementing and communicating the initiative. This is key: Look for people with enthusiasm for wellness and the ability to positively influence fellow members. They'll help drive engagement in activities and rally participation.

Recruit a Team

Ask fellow members to join a wellness council or committee to support your

wellness champions as you roll out the program. Getting buy-in and engagement from a broad array of members will help boost your efforts.

Evaluate Your Congregation

Start by assessing your members' health challenges so you can design your program with their interests and abilities in mind. Make sure to offer wellness activities that are accessible to everyone in your faith community, from seniors to children.

Name Your Initiative

Give your wellness program a name and identity to help ensure its success. It will make promotion and communication easier, which is key to building participation. Ask your wellness committee to brainstorm names or have a contest involving all members.

Promote It

Announce the initiative and share your planned activities. Consider a kick-off celebration to get your congregation excited to take part. Communicate often with members using consistent messaging. Use bulletin boards, newsletters, emails, and your website to keep health and wellness a priority.

Track the Progress

Track engagement in the program to gauge what's working and what's not. Collect success stories that can be shared with the congregation.

Recognize & Reward Your Members

To keep your members engaged, recognize and reward them when they participate and achieve health goals. Share those success stories and give shout-outs in newsletters, on bulletin boards, and on your website to inspire even more participation.

Visit healthiertn.com/worship for more details.