

How to Start a Wellness Team

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Why develop a wellness team?

- Improve the wellness of your community.
- Improve your personal wellness.
- Save money on medical costs.
- Develop friendships.
- Develop a support system for your wellness projects.

How do I develop a team?

For a successful team – find team members who are:

- Excited about wellness and life.
- Good role models for wellness.
- Interested.
- Active.
- Organized.
- Able to follow through.
- Not over committed.
- Strong leaders.
- From the same community.
- Strongly supported by the organizations and groups they represent.

Include representation of your target audience

Your team will be strengthened by the inclusion of representatives of the target audience(s) which could be one or more of the following:

- Older adults.
- Employees from worksites.
- Teachers and other employees from schools.
- Other community organizations.

Variety makes your team strong

Work for broad representation from the community – not four from one group or organization, but representatives from a school, faith community, senior center, hospital, etc. Consider a broad occupational and age diversity including:

- School staff and volunteers.
- Active older adults in the community.
- Local business leaders.
- Health educators.
- Recreation directors.
- Healthcare providers.

Consider these criteria when organizing your team

- Teams must represent communities and/or organizations.
- Participation is limited to New Hampshire teams.
- Include males and females.

Team Development Worksheet

(Use this list to begin to identify team members.)

Name	Phone	Comments
Hospitals and clinics _____		
City health department _____		
Local office on national health organizations (heart, lung, cancer) _____		
Visiting Nurse Association, Home Health Agency _____		
Medical, pharmacy, dental or other professional associations _____		
Mental health providers _____		
Fitness and health centers _____		
Country clubs _____		
YMCA, YWCA _____		
Parks and Recreation Department _____		
UNH Cooperative Extension _____		
Civic leaders, elected officials _____		
Civic volunteers, religions or social organizations _____		
Social service agencies _____		
Garden clubs _____		
Youth serving organizations (Boy Scouts, Girl Scouts, 4-H, Boys and Girls Clubs) _____		
Schools, colleges, technical institutes and continuing education _____		
Libraries _____		
AARP, RSVP, SCORE, retired nurses, teachers, union members _____		
Community centers, senior centers _____		
Retirement housing _____		
Meals on Wheels, Senior Meal Programs _____		
Companies with retired workers with health benefits _____		
Local businesses frequented by target population (grocery, bank, pharmacy) _____		
Public utilities _____		
Radio, television, cable vision, newspaper _____		
Other _____		

Possible local sponsors for your wellness team

Community centers and organizations

- AARP Chapters
- American Association of University Women
- Faith community
- Community centers
- Community development funds
- Garden clubs
- Police or fire departments
- PTA, PTO
- Retirement communities
- School staff development funds
- Senior centers
- Youth organizations: 4-H, Boy Scouts, Girl Scouts
- Women's Clubs
- YMCA, YWCA

Local businesses and business associations

- Businesses in the health, wellness and fitness fields
- Businesses related to your target audience
- Local businesses with retirees in your community
- Business Profession Women
- Car dealers
- Chamber of Commerce
- Factories
- Gasoline stations
- Local banks
- Supermarkets

Fraternal and civic organizations

- Elks
- Kiwanis
- Knights of Columbus
- Lions
- Masons
- Mooses
- Rotary

Healthcare organizations or businesses

- Health insurance companies
- Health or fitness clubs
- Local hospitals
- Medical clinics
- Pharmacies
- Visiting Nurses Associations