



Let's Go JeffCo Health & Wellness Ambassadors Guidelines and Application

Guidelines

A Let'sGoJeffCo Wellness Ambassador is a person who is passionate about health and wellness, wants to be an active participant, and is willing to spread the word among their friends, neighbors, and co-workers in the community.

The program to be flexible enough to fit anyone's lifestyle yet powerful enough to change behaviors! The minimum expectation is that you'll serve as a resource and / or role model for health & wellness. From there, *you* will define your level of commitment.

Duties may include: encouraging others to lead a physically active and healthy lifestyle; promoting upcoming events; understanding the basics to address co-workers and friends' questions about wellness; participating in wellness events, inviting co-workers to be more involved in wellness events and programs, and/or teaching classes and organizing events. We'll also expect you to wear your LetsGoJeffCo Wellness Ambassador t-shirt proudly to attract attention – and questions!

So what's in it for you? You'll get to:

- Expand your knowledge on health and wellness
- Learn more about being a healthy role model
- Participate in special classes to assist you in delivering your message of wellness
- Be recognized on our website, in our publications, and in the media as a Wellness Ambassador.
- Be recognized as a founder of social movement that changed Jefferson County forever
- And you'll receive a groovy t-shirt to show Jefferson County that you are, indeed, a Let'sGoJeffCo Wellness Amabassador!

Although not everybody who responds will be selected, we've made it easy to apply. Simply complete the application below and email it to Ken Daley - kdaley@mum.edu or send it to Ken via regular mail to:

Ken Daley, 409 East Adams Ave, Fairfield, Iowa 52556

More about Let'sGoJeffCo can be found on our website at www.LetsGoJeffCo.com!



Health & Wellness Ambassador Application

Name: _____

Address: _____

Email: _____

Phone: () _____ (Work) () _____ (Home)

() _____ (Cell)

Area of contribution:

Fitness Instructor	Mentor	Sport Coach
Professional Administrator	Role Model	Health Professional
Other (please indicate)		