



FITNESS AMBASSADOR PROGRAM

What is a Just Move Ambassador?

Just Move Ambassadors are volunteers who promote the Just Move campaign. They provide mentorship, encouragement and support to keep other Just Movers motivated, enhancing their chances for success! They also serve as a source of information.

What will the job entail?

Just Move Ambassadors will **PROMOTE** the Just Move program and recruit new members.

Just Move Ambassadors will **SUPPORT** fellow Just Movers. Support is another important factor in the success of a fitness program. Many people simply need a walking partner to motivate and get them moving. Ambassadors should attempt to establish walking groups. Moving alone is fine, but moving together has many advantages!

Just Move Ambassadors will **EDUCATE** employees about the Just Move campaign and the importance of physical fitness and healthy lifestyle.

What kind of time commitment does being an Ambassador entail?

It may be an hour a week or an hour a month....that is up to you. *

How do I get started?

Contact Know Better Place at knowbetterplace@uchc.edu or 860.679.8367. You can schedule an informational session that will provide you with all the information you will need in your role as an ambassador. The session will detail the Just Move campaign and provide you with hand out information to take away with you. Ambassadors will receive a Just Move T-shirt and a special identifier for their UCHC badge.

*With Manager/Supervisor approval

