Frequently Asked Questions

1. **What are the requirements to be a Wellness Ambassador?**
   The only requirement is to have a passion for creating and supporting a culture of health and well-being in your department!

2. **Is there an application process to be a Wellness Ambassador?**
   Yes, fill out this [application](#) to get started!

3. **What is the time commitment to be a Wellness Ambassador?**
   The average time commitment is 40 minutes per month. Ambassadors are encouraged to discuss their role with their supervisor.

4. **How long do I have to serve as a Wellness Ambassador?**
   There is no formal time frame, we only ask that you commit to serve as a Wellness Ambassador for a minimum of one year.

5. **My department already has a Wellness Ambassador, can I still apply?**
   Absolutely! Wellness Ambassadors are encouraged to buddy up. Team work makes the dream work!

   Not sure if your department has a Wellness Ambassador? Check out the roster on the Wellness Ambassador [website](#).

6. **This is my first time serving as a Wellness Ambassador, will I receive training?**
   Yes. We hold quarterly trainings where you can learn about what other Wellness Ambassadors are doing as well as share successes in your department.

7. **What are some fun ways I can encourage my colleagues to incorporate health and wellness into their work day?**
   Starting a lunchtime walking group is a great way to squeeze exercise into the workday while also encouraging social interaction among colleagues.
Pinterest offers lots of great easy stretch routines that can be done on throughout the day; post the stretch routines in the break room or send them out via email.

Attending the quarterly Wellness Ambassador trainings is a great time to swap ideas with other Wellness Ambassadors.

8. I would like to apply for a mini grant, what are some project ideas?
Visit the Wellness Ambassador website to read about some of the fun and creative ways fellow Wellness Ambassadors have used their mini grants.

Don’t forget to keep an eye out of the monthly Wellness Ambassador newsletter where a new mini grant project is featured each month.

Projects that were granted mini grant funds in the past include:
- Purchasing a departmental bicycle
- Purchasing incentives for participation in Wellness Ambassador-led wellness challenges
- Purchasing workout gear that can be checked out
- Purchasing equipment for a relaxation room
- Inviting various instructors to lead classes or workshops

9. Who do I contact with Wellness Ambassador questions?
The Staff and Faculty Health and Well-being program is available as a resource to support your vision for a healthy workplace! If you have any questions, please email wellbeing@ucdavis.edu.