

Healthy Columbus Wellness Team

Purpose of the Wellness Team

To assist the City of Columbus Employee Wellness Coordinator and Exercise Physiologist with implementing Healthy Columbus Initiatives throughout all city departments.

- Assure that the wellness program reaches and meets the needs of all City of Columbus employee
- Increase wellness program participation through peer support and advocacy
- Provide visibility and promotion for the program.
- Overcome logistical challenges to implementing programs and initiatives at a variety of locations
- Provide input and employee feedback regarding wellness initiatives

Wellness Team Member Responsibilities

The Healthy Columbus Employee Wellness Team will consist of representatives from each city department/division, and the city's Employee Wellness Coordinator and Exercise Physiologist.

Team Member Responsibilities:

1. Serve on the committee for a minimum of 12 months.
2. Attend monthly wellness team meetings (meetings will be held at a central location).
3. Assist with implementing, monitoring, and evaluating wellness initiatives as needed.
4. Actively promote and encourage other employees to participate in employee wellness programs and initiatives.
5. Provide Employee Wellness Coordinator and Exercise Physiologist with feedback regarding marketing and education materials for wellness initiatives.
6. Solicit ideas, feedback, perceptions from employees and share with Employee Wellness Coordinator and Exercise Physiologist.

Employee Wellness Coordinator & Exercise Physiologist Responsibilities:

1. Schedule and facilitate quarterly meetings; take notes at meetings and distribute them to all team participants
2. Coordinate all Healthy Columbus initiatives- share new initiatives with wellness team members in a format that is easy for the team members to share with their department/division staff.

Contact Information:

Wellness Coordinator- Brandon Kimbro, 645-3892 or btkimbro@columbus.gov

Exercise Physiologist- Jacob Hittle, 645-0988 or jthittle@columbus.gov

Find us online:

www.columbus.gov/healthycolumbus

Facebook: www.facebook.com/HealthyColumbusEmployeeWellness

Pinterest: www.pinterest.com/healthycolumbus