



# Get involved with wellness

Staying motivated to make healthy choices can be challenging. That's why connecting with others who share your goals can be so effective. Getting involved in a wellness program helps you stay on track and successfully make positive changes.



- Take advantage of your workplace wellness activities and programs.
- Take an exercise class at a local fitness center or park district.
- Look for wellness offerings through local churches, libraries, and community centers.
- Start your own group by gathering like-minded friends, family, and coworkers.
- Remember, wellness isn't just exercise! Look for programs on cooking, gardening, mindfulness, spirituality, emotional health, book clubs, and self-care, and more!
- Ask your doctor to recommend wellness programs.
- Set yourself up for success by choosing programs that fit comfortably into your schedule.
- Connect with an online wellness community or program.