

Create a Healthy Club Culture

PUTTING A HEALTHY CLUB CULTURE INTO PRACTICE:

1. What recommendations do you have for the club to adopt a healthy culture for its members?
2. Do you see ways you can encourage others to keep balanced?
3. Are there any stress relievers you can do as a group activity?
4. Make a concrete plan (*Example: After walk in April, plan a vegan chocolate tasting together*). Add these activities to your roadmap.
5. Set aside time to celebrate wins and successes. Build these kinds of activities into your roadmap to make them happen.
6. Revisit your roadmap and double check that there are fun, stress-relieving activities built into your plan. Add in where needed.