

Top Tips for Wall Wizards

1. **Jump in.** People often wait until they see others posting. Grease the skids by posting early and often... and encouraging others to do the same.
2. **Be an upbeat role model.** Keep your messages positive, helpful, and solution oriented.
3. **Spill.** Share your everyday wellness victories; include any challenging circumstances and how you got through them. Read an article that sparked enthusiasm or tried a recipe you loved? Say so.
4. **Learn what's up.** Post challenge-related news and events; see who's interested in a healthy potluck, a lunchtime walk, or a 5K fun run.
5. **Praise.** See someone making a consistent effort or motivating others? Give them a virtual pat on the back.
6. **Ask.** Questions get people posting; use these to elicit a variety of responses:

Fitness

- What's your favorite way to stay active?
- What time of day do you prefer working out?

Nutrition

- What are your favorite vegetables and fruits?
- What's your favorite healthy recipe?

Stress Management

- What's your favorite place to clear your mind?
- Where's your favorite spot to kick back, relax, and take a vacation?

Motivation

- What are the go-to songs on your workout playlist?
- What inspires you to stick to healthy habits this time of year?

7. **Share a wellness how-to.** Got a genius way to eat more veggies, sleep better, or exercise when you don't feel like it? Help others give it a try.
8. **Keep it real.** Avoid the spread of misinformation by pulling wellness tips from reliable resources like science-based news stories, medical centers, universities, and public health authorities (examples: American Council on Exercise, American Heart Association, Michigan State University Extension, Mayo Clinic).