

Master Wellness Volunteer Statewide Cohort Training Activity Guide: Creating a Culture of Wellness

Instructions: The action tasks below can be used to guide further individual self-study while watching the **Creating a Culture of Wellness** session. If you are leading a group learning experience using this session, you may wish to facilitate the completion of this activity guide with a group discussion.

Slide 4 Action Task: Could where you live, influence how long you live?

Visit Robert Wood Johnson Foundation website:

<https://www.rwjf.org/en/library/interactives/whereliveaffectshowlongyoulive.html>

Search for an address that you are familiar with like your home or workplace. If the address you enter does not have data, choose another at your discretion.

Enter the life expectancy information below:

Address #1: _____

County: _____

State: _____

United States: _____

Search another address and describe any themes:

Address #2: _____

County: _____

State: _____

United States: _____

Are the life expectancies similar? How are the addresses different, in distance and resources available? What do you think about the differences? How would you explain the differences (if any)?

Slide 6 Action Task:

In the box below, write down challenges that you, or others in your community, may face when trying to be active.

Slide 35 Action Task:

In the box below, write down opportunities that you can implement to help create a culture of wellness around physical activity.