



Mike Palmer

Wellness Ambassador

College Writing Programs

*Mike Palmer is an active distance runner, dedicated Wellness Ambassador and avid supporter of Be Well at Work – Wellness Programs (formerly called Health*Matters). We recently connected with Michael to learn how his passion for helping others improve their health continues in his transition to a new position with College Writing Programs.*

Why were you interested in becoming a Wellness Ambassador?

I noticed with alarm the number of my fellow colleagues who were overweight or obese, some of whom had been advised to change their “lifestyles” by their doctor. Well, how do you enact such a change? I wanted to get involved in a campus organization whose purpose was to improve the health of the people who work on campus.

What has been your favorite part about being a Wellness Ambassador?

Meeting other people who are dedicated to improving the health of others.

Can you tell us one thing you have done as a part of your Wellness Ambassador role?

I’ve shared the Wellness Program announcements by posting flyers; I’ve given educational materials on healthier food options for events like staff meetings.

What are your personal wellness goals for this year?

Being new in College Writing Programs, it’s an opportunity to meet more individuals who are passionate about health and wellness; learning a new role as the ergonomics advisor.

What do you hope to accomplish as an ambassador this year?

Becoming the wellness ambassador for the College Writing Programs, as well as the ergonomics evaluator.

Anything else you would like to share?

I’m an active distance runner. Anyone who wants to do trail runs after work or on the weekends can contact me to be on my email distribution list or to find out more about running groups in the East Bay.