



Min Choi

Wellness Ambassador

University Health Services

Why were you interested in becoming a Wellness Ambassador?

Aside from studying public health in college, I always had a fascination around the idea about disease prevention and wellness. My interest in them slowly burgeoned from watching health and human body documentaries as a family downtime. While all is well in theory, however, I wanted to help these become tangible topics around us and see how it looks in practice.

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

Same as another Wellness Ambassador Mike Palmer – I enjoy the simple fact that there is a community of folks on campus who are dedicated to promoting and raising awareness about prevention and wellness, which could lead up to so much potential!

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

I was a co-lead for the Instant Recess activity break at our staff events. It is truly exciting when the entire staff comes together to get moving in unison even for a few minutes! It also helped to let people know that we have a new Wellness Ambassador (me) in the building!

What are your personal wellness goals for this year?

I am personally trying healthier alternatives, such as behavioral change programs, to help me when I am under stress and craving my current simple carb drinks, honeyed coffee and milk teas.

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

I hope to play more of an active role by setting aside regular time in anticipation for events – for instance, I want to expand “Get Fit and Don’t Sit Day,” where earlier this year, staff members from the Be Well at Work – Wellness Program and I went around “catching” folks moving during their breaks or lunchtime to reward their behavior. I would like to do something with stairs this coming year.

Anything else you would like to share?

The campus offers some good free/low cost programs that staff could take advantage of. I personally have participated in WorkFit, Ergonomics/Matching Funds, and online programs such as the Sugar Savvy Challenge and I am excited about the Energize to be Well Challenge. I would strongly encourage others to learn first hand about the programs, so they may speak about their experiences and encourage their colleagues to participate in the future.