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 campaign-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).