Wellness Ambassador of the Month – September 2017
Gia Hellwig

How long have you worked at UC Davis?
I have worked at UC Davis for 8 and a half years.

What does wellness mean to you?
Wellness spans across the 8 dimensions, and it is a lifestyle choice. Wellness also means that you are taking care of your body daily and actually being mindful if you are sleeping enough, exercising and eating correctly.

Why did you become a wellness ambassador?
I work out during my lunch breaks, and I wanted to start exercising with my colleagues. There’s another wellness ambassador in my work place, so she inspired me too!

How long have you been a wellness ambassador?
Since the program launched. (Summer 2016)

What has been rewarding or positive about your experience thus far?
When staff members show gratitude for the simple things, it feels great. It’s also very rewarding to see the changes in work-life balance people are making. It shows that wellness does not have to be relegated to certain times, and can be practiced anywhere, anytime!

What are some of the challenges you face as a wellness ambassador?
Currently, funding for resources is one of the biggest challenges. Some wellness activities may require more funds, and as people are still exploring wellness and work life balance, it is sometimes hard to support wellness activities for larger groups.

What is one piece of advice you would like to share with new wellness ambassadors?
There is no such thing as a crazy idea! If you think there is something you do in your free time, chances are people will be interested and will try it with you! Sky is the limit, be creative!

Staff and Faculty Health and Well-being aims to build an environment that makes the healthier choice the easier choice, while providing staff and faculty with the required support to make UC Davis the healthiest community. How do you feel you have contributed to our mission?
I feel I have contributed by joining the wellness ambassador program, spreading resources and organizing initiatives for people at the school of law to participate in. There are 3 women from different departments in the law school (Human Resources, Dean's Office, and Faculty Support) as well as me (in Marketing and Communications) who formed a wellness committee to spread the importance of health. With the help of the wellness mini grant, we recently did the “8 weeks of wellness” initiative where we focused on one dimension of wellness each week. We had great participation from the school of law, and were able to put together really creative events!

What is your favorite thing to do in your spare time?
I spend my free time in my craft room. I am jewelry instructor at the Michaels store in Vacaville, and I love to teach crafting and jewelry making.

To be part of wellness initiatives with Gia Hellwig please email gkhellwig@ucdavis.edu or visit her at the UC Davis School of Law.