

## Suggested Fit for Life Veterans Volunteer Corps Activities

**A**s part of the HealthierUS Veterans initiative, Fit for Life Corps volunteers perform activities related to health and wellness. Although all volunteer duties are determined by and assigned at the local VHA facility level, here are some roles related to health and wellness that Fit for Life Corps volunteers might fulfill:

1. Assist staff with the promotion of walks/runs and other physical activity, HealthierUS Veterans, and wellness events through design of posters, announcements and other PR materials, and distribution/posting of these materials.
2. Provide logistical support to staff with scheduling and conducting physical activity, HealthierUS Veterans, *MOVE!*, and other wellness events (e.g., setup and tear down, registration, handing out materials, monitoring the course, directing traffic, etc.).
3. Assist staff with collecting a library of relevant written material, pamphlets, videos, etc., and stocking display tables/racks/bulletin boards with health and wellness materials, preparing health and wellness newsletters, and so on.
4. Assist staff in manning HealthierUS Veterans, *MOVE!*, or other health/wellness displays.
5. At the direction of staff, assist *MOVE!* patients with completion of the *MOVE!23*.
6. Assist *MOVE!* staff with preparing folders with the basic handouts, distributing handouts in groups, assisting *MOVE!* patients with various activities at the direction of staff, and provide assistance with other *MOVE!* activities as needed.
7. Assist *MOVE!* or other staff with walks for patients, field trips to the grocery store, cooking demonstrations, and other such activities.
8. Assist staff with their interactions and relationships with veteran's service organizations regarding the HealthierUS Veterans initiative.
9. Hand out congratulatory stickers to patients and staff caught taking the stairs or otherwise engaging in physical activity, healthy eating, or related behaviors
10. Assist diabetes educators with their classes or related activities.
11. Participate with *MOVE!*, HealthierUS Veterans, or other VA teams in community physical activity/wellness events.
12. Recruit additional Fit for Life Corps volunteers from relevant community groups.
13. Work with the Voluntary Service Chief, Public Affairs Officer, HealthierUS Veterans Coordinator, *MOVE!* Coordinator, Prevention Coordinator, and the Wellness Committee to create new ways to promote wellness and HealthierUS Veterans.

