

Sample Wellness Committee Mission Statements

A mission statement is a concise statement of the general values and principles that will guide the committee or program. It defines the broad purpose that the program aims to achieve. It helps the committee select strategies and projects that stay within the original intent of the program.

Several examples of committee mission statements are provided below.

- 1) To encourage employees' personal and professional productivity, and physical and mental well-being, the mission of the Wellness Committee shall be to foster a worksite culture that supports anyone's desire to make healthy lifestyle choices.
- 2) The mission of our wellness committee is to establish and maintain a workplace that encourages environmental and social support for a healthy lifestyle.
- 3) The mission of the _____ Wellness Committee is to promote and support programs that encourage the wellness of [name of organization] employees.
- 4) It is the mission of the _____ Wellness Committee to promote the health and wellness of staff through education and initiatives that:
 - Encourage habits of wellness
 - Increase awareness of factors and resources contributing to well-being
 - Inspire and empower individuals to take responsibility for their own health
 - Support a sense of community
- 5) The _____ School Wellness Committee is dedicated to establishing and maintaining an environment that promotes general health by supporting the adoption of attitudes that contribute to positive well-being and providing information, activities and services designed to support healthy lifestyle choices.
- 6) The mission of the _____ Public Schools Employee Wellness Committee is to enhance organizational health by fostering interest and encouraging employees to initiate or expand healthier lifestyles, provide diverse wellness programs to meet a wide range of personal health needs, recognize employees for participating in healthier lifestyles activities, decrease absenteeism due to illness and stress, and develop a positive school culture that is focused on celebrating and improving the quality of life for all employees.
- 7) To support employees in making healthy choices with their work and home lives.
- 8) Encourage Habits of wellness,
Increase Awareness of factors and resources contributing to well being,
Inspire Individuals to take responsibility for their own health.

Sample Wellness Committee Mission Statements

- 9) The _____ Wellness Committee promotes physical, mental and spiritual health* as a sustainable value of our community.**
*or growth, or wellness, or wellbeing... **through an innovative approach to wellness
Final:
“The _____ Wellness Committee promotes well-being as a sustainable value of our community.”
- 10) To support employees in making healthy choices with their work and home lives.
Encourage Habits of wellness, Increase Awareness of factors and resources contributing to well being, Inspire Individuals to take responsibility for their own health.
- 11) The mission of the Wellness Committee is to inspire, create and maintain a workplace and environment that supports each person's healthy lifestyle choices. (draft)