

# CommonHealth WEEKLY WELLNOTE

Simple, science-backed guidance for a healthier workforce

2026

COMMONHEALTH

Wellness Champions



Each year, employees from across the Commonwealth nominate their colleagues for the CommonHealth Wellness Champion Award. These champions inspire others to live healthier lives through their support of wellness in the workplace. Nominations reflect outstanding examples of healthy behaviors that result in a stronger workforce in Virginia.

## WHO ARE THE WELLNESS CHAMPIONS AT YOUR OFFICE?

### Try It This Week: See What Gratitude Can Do for You



Research suggests gratitude strengthens the immune system, reduces chronic stress, lowers anxiety, and encourages healthier lifestyle choices — all of which contribute to better health outcomes and longevity.

Take a moment to reflect on what you value in your workplace, and share that appreciation with the people who make it possible. If someone consistently contributes to a healthier, more supportive environment, consider nominating them for the 2026 Wellness Champion Award to recognize their impact and practice gratitude.

### Nominations for the 2026 WELLNESS CHAMPION AWARD

Nominate your favorite inspirational co-worker to see them featured in the Virginia Voices Magazine and a special issue of our Weekly Wellnotes.

## NOMINATIONS

Thank you for your efforts to make Virginia a healthier place to live and work. Your contributions make a difference!



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