

Walking Challenge Team Leader Tips

We're always asked what kinds of things Team Leaders can organize for their teams. Here are a few ideas to get you started.

1. Email your team weekly or monthly congratulating the member who logged the most miles. If you can, give that person a small gift (\$5 gift certificate to coffee, pedometer, healthy snacks, etc.)
2. Email or post reminders about local events with an opportunity for physical activity (see www.shapeupswalkingchallenge.com for suggestions).
3. Remind people of the life benefits of exercise beyond losing weight (feeling better, self-confidence, greater ability to play with kids/grandkids, longer life, feeling less winded, etc.)
4. Ask teammates to reward themselves. For every time they exercise and log miles, they can add a dollar to a personal piggy bank. At the end of 10 weeks, they can reward themselves guilt-free!
5. Have all team members pitch in \$5 at the beginning of the challenge. For every 5 miles they log, put their name in a raffle box. At the end of 10 weeks, have a raffle for the money.
6. Exercise to music. Have people bring in their favorite exercise music and make a team playlist.
7. Plan a 30 minute walk 1-3 days a week. Walk for 15 minutes in any direction and then walk back. For fun, vow not to stop at intersections (unless it's unsafe) and to turn in whatever direction has the green light.
8. During lunch, walk to a distant lunch spot with friends and identify 3 healthy options. Have everyone try one and then share reviews with other teammates.
9. Encourage teammates to have pitchers or water bottles near them all day. Take turns providing fruit slices (fresh or frozen) to add for a little more flavor.
10. Poll teammates to find out what exercise is most popular among the group. Plan group outings around what folks are already doing (yoga, basketball, dance classes, etc.)
11. Remind people to use www.mapmyrun.com to count walks they may already be doing, like walking the dog or walking to/from public transportation.
12. Organize a healthy potluck or salad bar potluck for your team once a month.
13. Create a scavenger hunt of things around your neighborhood (restaurants, stores, flowers). Have teammates take pictures or answer questions about each one.
14. Ask teammates to share stories about how they stay motivated. Sometimes it helps just to know someone else is struggling too.
15. Pedometers are a great way to track the general walking you do during the day. If there are people that would like pedometers, organize a trip to a local sports shop (like Sports Basement) to purchase them. Alternately, you can buy in bulk and get cheaper prices on sites like www.pedometersusa.com or www.bodytronics.com.