

# Walking Challenge YOUTH 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.**

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1. Each week, announce the member who logged the most miles, was most improved or most inspiring. If you can, give that person a small gift (pencil, sticker, gold star, healthy snacks, etc.)
2. Read the weekly newsletter and remind students about local events with an opportunity for physical activity (see [www.shapeupsfwalkingchallenge.com](http://www.shapeupsfwalkingchallenge.com) for event listings).
3. As part of a science lesson, teach about what physical activity does for your body (feeling better, self-confidence, greater ability to play with friends, longer life, feeling less winded, etc.). Include a discussion about what "counts" as physical activity (running, cleaning house, walking the dog, playing basketball, Wii sports games) and what doesn't.
4. Ask parents to reward students. For every time they exercise and log miles, they can add a quarter to a personal piggy bank. At the end of 10 weeks, the youth can reward themselves with a treat of their choice! Teachers can also do this for each group activity they do with their class.
5. Have students do jumping jacks or run in place while reciting math equations or spelling words.
6. Exercise to music. Have people bring in their favorite exercise music and make a team playlist.
7. Plan at least one group activity each week. It can be part of an indoor lesson, something to do during P.E., something during recess, or otherwise.
8. Encourage youth to associate physical activity with drinking water. Remind them to always get a drink before and after working out to stay hydrated.
9. Poll teammates to find out what exercise is most popular among the group. Try to incorporate that into a lesson. For example, if they like dancing to hip hop music, have a 30 second "hip hop" break in between subjects.
10. Remind parents and students to use [www.mapmyrun.com](http://www.mapmyrun.com) at home to count walks they may already be doing during their own time, like walking the dog, weekend outings or walking to/from public transportation.
11. Create a scavenger hunt of things around your school (restaurants, stores, flowers). Have teammates take pictures or answer questions about each one (either after walks or after the 10 week challenge).
12. Pedometers are a great way to track distance. Use one while on group walks to track mileage. If you only have one or two per team, use that as a prize (students with the most mileage gets to wear it for the next week).
13. Encourage healthy competition by reminding youth how their team is doing compared to other youth teams. Have them make up cheers or encouragement signs to say/hold during group activity.