

# Tips for Success

As a team captain, you have the responsibility and challenge of creating social support for your team mates to stay involved and motivated. The key to success is making it FUN! Here are some ideas that you may find helpful in building a successful team experience with Walk Kansas.

## For all teams:

- Challenge team members to choose water instead of sugary beverages. Calculate how much you save during the Walk Kansas program. (For every beverage replaced with water, count \$1.50 in savings. If each member does this 5 times/week, your team will save \$360 during Walk Kansas!)

- Nominate a different team member each week to suggest a group activity or new idea to try.

- Create weekly team challenges such as: Add 10 minutes of activity each day; try a new fruit or vegetable; try a new whole grain food, etc.

- Host a potluck at your worksite or home where each team member brings a healthy dish.

- Start a Saturday morning walking club. Invite your team mates, and even those from other teams, to join you in a walk through a community park or fitness trail.

- Try a new activity together – like Tai Chi, Yoga, ice skating or roller skating, water exercise, join a community walk/run event, hike a new trail, etc.

- Purchase fitness/stability balls and have a group session to learn how to use them.

- If a team mate is sick, injured or just can't reach the goal for a week or two, ask other team members to add a little more activity time that week. Perhaps the struggling team mate won't feel so discouraged and can return to healthy habits when the challenging time is past.

- Encourage team mates to comment on the Walk Kansas Blog at [www.walkkansas.org](http://www.walkkansas.org)

## At the workplace:

- Bring a healthy lunch to work and plan to eat with coworkers and team members one day each week. Make it more fun by trading or rotating lunches.

- Adopt a food policy for your department or office. Use the "Healthy Eating Agreement" provided as a sample. Also available at: <http://www.healthyyou.ksre.ksu.edu/p.aspx?tabid=16>

- Have one person prepare the recipe in each weekly newsletter and bring it to work for others to try.

- Have "walking" meetings.

- Walk together over lunch, or schedule one day a week for a group activity.
- Have a challenge to see who can park furthest away from the worksite each week.
- Purchase fitness/stability balls and use them as office chairs. Have several available in your conference room for those who choose to use them.
- Post motivational signs and prompts at elevators, employee break rooms, cafeterias, etc. Watch for sign samples that you can download from the website.
- Set aside a time each week for a wellness meeting or wellness check. Invite a health professional from the community to offer a 30-minute program, provide blood pressure checks or other health screening tests, offer a healthy cooking demonstration or show how to pack a healthy brown bag lunch.
- If you are an employer, offer incentives to employees for participation, or when goals are achieved.

### **Do you have a great idea to share?**

Submit your idea or team success strategy by sending a message to [sharolyn@ksu.edu](mailto:sharolyn@ksu.edu) or through the "Your Comments" section at [www.walkkansas.org](http://www.walkkansas.org) Suggestions from across the state will be added to this list and updates posted regularly on the website.