How to get started …

The idea is to exercise (walk, run, swim, bike, lift weights, Pilates, etc.) and reach a monthly goal you set yourself. It is a simple and fun program.

I. Planning

Planning is very important to the success of any program.

• Identify a Program Coordinator to oversee the program and record monthly data.
• Develop Goals and Objectives: Remember this is not a competition but a friendly and fun activity. Set personal or overall team members goals to accomplish within a week, month or year.
• Create a chart to record team members’ progress and goals (a sample chart is included in your kit. Feel free to create your own idea of recording goals and progress).
• Evaluate your progress. Participants track the number of miles they do daily, weekly, or monthly.

II. Motivation

Motivation gets us moving.

• Get Support: Include a champion, perhaps a department head or supervisor who supports your effort
• Keep it Fun: Set a goal that keeps everyone engaged; e.g. walk the equivalent of across the state, the country or around the world!
• Communicate regularly with team members
• Create incentives: e.g. smoothies, healthy snacks
• Use motivational quotations or other methods to keep spirits high

III. Materials

• Create a chart to log process
• Sample Methods for Miles Conversion:

  1. Walk or run a mile on a track and use that time to convert your workout time into miles. For example, if you walk a mile in 15 minutes, then every 15 minutes of exercise equals 1 mile. You may have to make some adjustments if you bike or use gym equipment. For example, if you can bike a mile in 8 minutes, you may want to ride roughly 2 miles to get 1 mile of exercise “credit.”

  2. You could also use the number of calories burned during a particular physical activity to convert into miles walked. Some useful websites to convert your calories burned are included in your kit.