

## SWL WEB SITE STORY SHARING

**DISTRICT:** Omro                    **#BLDS** 4                    **#EMPLOYEES** Approx. 160

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**PROGRAM TOPIC:** Fitness Bowl Fitness Challenge (with Winneconne staff) “The First Annual Omro/Winneconne Fitness Bowl”

**CHOICE OF PROGRAM (how and why was this chosen):**

Did a similar program “Movin’ Schools” with Omro/Winneconne elementary and middle schools. (Our two administrators also competed to lower their BMIs.)

**PROGRAM DESCRIPTION:**

A six-week program – Omro/Winneconne Challenge. (Physical activity of staff earned points for the staff competition – 15 minutes = 1 point.) Weekly tallies were done at each school. Omro’s staff was the victors and earned the right to keep the coveted Fitness Bowl (an actual bowl) for the 2004-2005 school year. Winneconne vows vengeance for the 2005-2006 school year.

**COST OF PROGRAM:**

Top point makers at each four schools received a \$20 gift certificate from Scheels (\$80). The Art Department molded the “Fitness Bowl.”

**SUCCESS OF PROGRAM:**

Fun! The staff got involved (even people who never were involved before). Lots of positive feedback from staff.

**LESSONS LEARNED:**

We’ll do it again. Also did a BMI challenge between our four schools. Not as favorable a response!