

SWL WEB SITE STORY SHARING

DISTRICT: Oshkosh **#BLDS** 29 **#EMPLOYEES** 1,200+
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PROGRAM TOPIC: "Mission Probable"

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

Challenge staff to make at least one lifestyle change, adding a walking component with the over 900 pedometers that were distributed.

PROGRAM DESCRIPTION:

Each staff member, at the beginning of the year, is asked to make a confidential lifestyle change. At the end of each quarter, a progress report is submitted for a drawing for an incentive. This year they entered a separate drawing if they walked a minimum of 100 miles. Collectively the district goal was to walk around the equator. Additionally, one quarter we added a weight loss category for a separate drawing. Two quarters we had over 600 participants and walked over the 24,000 miles around the equator.

COST OF PROGRAM:

\$4,500+ for incentives.

SUCCESS OF PROGRAM:

We were very pleased. We have had some great success stories. The forms are easy to complete, but yet serve as a reminder to complete their goal(s). People loved the pedometers. The forms are great communication tools. People give us ideas and let us know their needs. We get lots of helpful feedback!

LESSONS LEARNED:

With the high number of participants, we need to continue to add incentives. This year, we are adding mini grants to add site-based activities. Our district is so large that we are finding it hard to schedule district-wide activities.