

SWL WEB SITE STORY SHARING

DISTRICT: Portage **#BLDS** 8 **#EMPLOYEES** 400+
SWL NAME: Kerry Melby
PHONE: (608) 742-2165
E-MAIL: melbyk@portage.k12.wi.us
PROGRAM TOPIC: “Moving Miles”- Monthly Activity Logs

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

We wanted something that all staff could participate in on their own time, as well as getting credit for participating in on-site sponsored events.

PROGRAM DESCRIPTION:

We put together a “Moving Miles” point sheet for each month so staff could keep track of their points for the month. At the end of the month, all forms were sent to me through school mail, or they e-mailed their total points. We had a drawing for each month, not based on total points, but on participation. Incentives included pedometers, massages, fitness equipment, and books. We ran the program from January through May.

COST OF PROGRAM:

Cash for monthly drawings. \$250 gift certificate to the Kalahari for the grand prize.

SUCCESS OF PROGRAM:

We had approximately 95 staff participate. People enjoyed the activity and commented on how keeping track of their activity really helped.

LESSONS LEARNED:

We need to revise our sheet for keeping track of activities for next year to be more inclusive.