

## SWL WEB SITE STORY SHARING

**DISTRICT:** Big Foot                      **#BLDS** 1                      **#EMPLOYEES** 60  
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**PROGRAM TOPIC:** “Destination Fitness”/”Lighten Up Wisconsin”

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

My district’s prioritized risks included weight loss (BMI), exercise, and stress management.

### **PROGRAM DESCRIPTION:**

I called the program “Destination Fitness.” Interested staff filled out a questionnaire and were then put on seven teams of six with one as captain. I got a huge map from the Social Studies Department of the U.S. and assigned each team a color. Once a week captains reported team total mileage, which I plotted on the map en route to an undisclosed location. The first team to reach “Palm Springs” won prizes. We also had a “Guess Our Destination” competition, which nobody won.

I also formed a team of 10 and entered “Lighten Up Wisconsin.” Our team ended up in 19<sup>th</sup> place out of 767! The name of the team was “Never Too Late.”

### **COST OF PROGRAM:**

Optional \$5 fee plus \$35

### **SUCCESS OF PROGRAM:**

Out of 60 people, 45 participated. It was very successful. Staff members would regularly check the huge USA map (9’ x 6’) to check progress. I lent out the pedometers I bought with WEA Trust grant money.

### **LESSONS LEARNED:**

Not everyone contributed equally. I learned to try a program that focused on wellness activities instead of just exercise.