

## SWL WEB SITE STORY SHARING

**DISTRICT:** Erin                    **#BLDS** 1                    **#EMPLOYEES** 40

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**PROGRAM TOPIC:** Get Fit Challenge – A 12-Week Physical Activity and Healthy Eating Program

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

Simple way to meet health goals of staff.

**PROGRAM DESCRIPTION: (see attachments for program materials)**

The Get Fit Challenge is a program designed to help all Erin school staff members to be more physically fit by encouraging and motivating them to live a healthy lifestyle. Each individual works at his/her own level (by completing the weekly challenge cards) to achieve team points. Points are earned by making good lifestyle choices throughout each week. Staff will be divided into two teams. Each participant will fill out a challenge card each week and give the card (or total points) to their team captain who will track the points and post the team total in the teachers' lounge each week. The challenge will last for 12 weeks. Each participant is a winner, but the team who has earned the most points at the end of the challenge will receive a special prize. Support and encouragement from other teammates is really what will make this program successful for everyone.

**COST OF PROGRAM:**

Nothing.

**SUCCESS OF PROGRAM:**

It was fun! Everyone was involved at least in the beginning (good for morale). Positive peer pressure and role models (much encouragement). Increased awareness of healthy lifestyle (a lot of questions during the challenge).

**LESSONS LEARNED:**

Have more teams (captains more involved in design). Shorter contest.