

SWL WEB SITE STORY SHARING

DISTRICT: Rosendale-Brandon **#BLDS** 4 **#EMPLOYEES** 120
SWL NAME: Bernadine Skupas
PHONE: (920) 872-2129
E-MAIL: skupber@rbsd.k12.wi.us
PROGRAM TOPIC: The Amazing Race to Wellness!!!

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

Staff interest and the need for exercise.

PROGRAM DESCRIPTION:

Each participant paid \$5 to join. We drew names out of a hat to come up with nine teams of five people (45 participants total). We then started our group journeys, starting from Madison and heading southward. People kept track of miles (e.g., 15 minutes exercise, one mile walking or running, 5,000 steps on the pedometer—each equaled one mile). We kept track of each team's distance on a map (posted in each staff lounge). After six weeks, we awarded 1st, 2nd, and 3rd places and highest individual cash prizes.

COST OF PROGRAM:

\$450 for the cash prizes, plus cash for the weekly prizes.

SUCCESS OF PROGRAM:

This program was very successful in our district and most everyone seemed to enjoy it and want to do it again. I think it got a lot of people talking more and to be excited about exercising and keeping/becoming healthy!! They also liked the cash prizes.

LESSONS LEARNED:

Can't please everyone! Listen to new ideas/input from others and use what may work for the future!!