

SWL WEB SITE STORY SHARING

DISTRICT: Winneconne **#BLDS** 4 **#EMPLOYEES** 225
SWL NAME: Sandy Guerard and Chris Abhold
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PROGRAM TOPIC: Turkey Trot/Reindeer Race

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

To increase physical activity.

PROGRAM DESCRIPTION:

Four-week exercise program for staff. Every 15 minutes of activity counted for one point. Everyone decorated a turkey to record his or her points. The most decorated turkey was given an award. Everyone that completed the four-week fitness program was entered into a drawing for a Thanksgiving turkey. Same program at Christmas time (Reindeer Race) and a holiday ham was given as the raffle prize.

COST OF PROGRAM:

\$10 to \$15 for turkey per school.

SUCCESS OF PROGRAM:

Well liked. Fun. Much participation.

LESSONS LEARNED:

Easy program using small amount of budget.