



Kickoff Celebration Suggestions

- Have Management Team sign proclamation for “walk-day”
- Host kickoff walk for participants
- Host a speaker who could talk about buying the right shoes, stretching, nutrition, etc.
- Hold a small health fair or simple cholesterol screening to boost enthusiasm in the program
- Hold a potluck where participants can share fun and healthy recipes (form included)
- Have participants sign up to lead the group walk each week (form included)
- Ask for suggestions from participants for incentives, motivators to use throughout the program