



Program Suggestions

- Encourage upper management to endorse *On the Move* by enrolling in the program and encouraging walks during the workweek
- Have a regularly scheduled walk time (i.e. every day at 10 a.m.)
- Hold contests/competitions between teams or departments
- Take a virtual walk across a map by converting steps to miles. For example, the whole company may try to walk across America, each participant may try to walk to their hometown, or each team may try to walk to a vacation destination
- Play bingo to encourage participants to try new ways to get their steps in or to be more healthy (form included)
- Hold kickoff, midpoint, and end celebrations to keep people enthusiastic and motivated
- Have a public display of steps (with an opportunity of anonymous participation)
- Have a place for participants to post or share successes
- Have a “pedometer spot-check” – whoever is wearing their pedometer gets a small gift or recognition
- Provide incentives for participants –
 - Collect a few extra dollars from each participant for inexpensive incentives such as gift certificates, water bottles, cookbooks, paid time off, lunch from management team, movie tickets
 - Drawing for weekly/monthly incentives
 - Coordinator or other employee can acknowledge those they see walking by putting a name in for a prize drawing
 - Prizes for most steps, most improved, most spirited, etc. at midpoint and endpoint
 - Drawing for those who complete first 8 weeks, same for 15 weeks
 - Worksite reimbursement for pedometer fee after completion of program