

# *Moon Walk Motivating Your Team Members*



## *Why Walk?*

Share these tips and ideas to recruit team members and keep them walking:

- Research shows that walking briskly for 20 to 30 minutes can reduce the risk of heart disease, cancer and diabetes, bolster the immune system, facilitate weight loss and even curb depression!
- Walking is more fun when shared. Instead of going out to dinner or chatting with friends and family, make a date to walk together. Also lead by example: Invite fellow team members to walk with you before or after work or on lunch break.
- Want a great calorie-burning booster? Try adding speed intervals to your walk. Pick up the pace and pump your arms for 30 to 90 seconds.
- Did you know that for every 10 pounds you are overweight, that's an additional 50 pounds on your knees? Ouch! Walking is the simplest form of exercise anyone can do. So if losing weight has been recommended for health reasons, this is your chance!

## *Setting Goals*

**Individuals and teams will find motivation in short- and long-term goals:**



- Encourage each team member to set an individual goal the first week of the program, then add a little mileage to that goal each week.
- Set a weekly team goal that builds toward a total team goal. Remember to celebrate successes along the way!
- Reward individual team members not only for outstanding performance, but also for accomplishments that take into account different abilities. **Examples:** The person who...walked the most miles...is most improved from the previous week...walked in the most interesting place...referred the most new team members. Be creative!
- Challenge another Moon Walk team (or a sub-team within larger organizations). Be specific and agree on a prize—even if it's just bragging rights.
- Know of a company or organization in Quad Cities or Champaign/Urbana that's similar to yours in size or focus? Challenge them to make the race even more exciting!

***Prizes are great motivators and need not be expensive:***

- Post team member accomplishments in employee common areas.
- Make award certificates on the computer.
- Award the team or winning members with a healthy lunch.
- Recognize team members in your organization's newsletter or a company-wide e-mail, or post them on the company Web site or intranet.
- In larger companies or organizations, ask if your Human Resources department can allocate some funds or company logo items as prizes.

***For the latest Moon Walk totals, visit [www.palmpetoria.org/moonwalk/](http://www.palmpetoria.org/moonwalk/)!***