

TOP TIPS FOR TEAM LEADERS & CHAMPIONS



Thank you for signing up as a Let's Walk Champion or Team Leader! Here are some top tips for encouraging teams from your workplace to take part and how setting your goals can help motivate and inspire them through the challenge.

Why Should Your Team Get Involved?

Creating a walk-friendly culture has huge benefits to you, your team, and your workplace. By walking more and driving less you can also help make our communities cleaner and greener.

There will be many reasons why your colleagues will want to join in. Some may want to be more active for health reasons or keen to take part in something new. Others like healthy competition with their colleagues or are open to trying new ways to be active. Most just like the chance to inject a bit of fun in their working day.

Anyone can take part as long as they are part of a workplace team of **3-10 members**. By joining a team, you and your colleagues will have the opportunity to connect with each other in this fun challenge and encourage each other to move more during the working day so that you can all feel the health and wellbeing benefits.

I Want to Enter a Team – What Do I Do?

Sign up via the red button at www.activedevon.org/lets-walk. You will then need to register on SportSuite, the platform the challenge is hosted on. Once you have done that you can create a team and invite colleagues to take part. Full instructions on how to do this are found in the [How to Guide](#). If you took part last year, you are still signed into SportSuite, so all you need to do is log in with your password and sign up to the challenge.

What Resources Are Available to Help?

As a Champion or Team Leader, you will act as the go-between, using the resources and information Active Devon provides, as well as adding some of your own, to help encourage and motivate your members to take part and continue throughout March. You can download a range of resources from posters, email banner, screen saver to useful information on walking and moving more, to help start those conversations with your workplace team and inspire as we continue through the challenge. We'll also keep in contact with you through weekly emails, social media posts, providing regular update, hints and tips and spot prizes!

Don't Forget Word of Mouth

Use your team to spread the word around your workplace - maybe you have some people onboard who are really active or there may be some who just fancy having a go. Whatever the reason, they can help you share the message far and wide and get people thinking about their health and wellbeing in the workplace.

Once you've created a team and they can see how easy it is to take part hopefully then the momentum will encourage others to also get involved and colleagues from around the business will see how much fun it can be.

Entering Multiple Teams

We invite teams of 3-10 workplace colleagues to take part, so if you are part of a larger organisation, we would encourage you to enter multiple teams from the same workplace. This gives you the chance to have a bit of playful competition between you all – you could even start your own recognition board! Just try to be as descriptive as possible when adding your team name (e.g. COMPANY – DEPARTMENT) that way people know which team to join.

It is a good idea for each team to have a nominated person as the leader of that team, but one person could have an overview of all teams from that company if multiple teams have entered, so that you can share resources and ideas to keep going.

Logging Steps and Active Minutes

We know that routines have been disrupted this year, so as well as logging steps to see where you fare against other Devon companies on the leader board, people can also add their active minutes into the platform which will be converted into steps. Just choose 'walking' in the drop-down box and add number of steps or minutes spent moving. Anyone can join in – it is simply about moving more.

Team Goal Setting

Once you have created your team, chosen a team name, then decide what it is you would like to achieve during the challenge. This year, we are asking you to decide on a location or a dream destination where you would like to end up - you might fancy going to Barbados as a team or maybe it's Barnstaple you miss? How many times can your team walk from your workplace to Barnstaple during March? This is easy to work out if you go online and search how many miles it is from your location of work to where you want to end up and convert this to steps to work out how many steps you need to achieve as a team. Watch out for the email and social post nudge to share this information for a chance to win prizes.

Personal Pledge

Once you have worked out a team goal then you can encourage your team to write their own personal pledge or goal. This will focus the mind on what they want to achieve and will help them identify any barriers. There is a downloadable goal setting template in the toolkit. Encourage everyone in your team to share their pledges, that way you can all motivate each other to keep going – even from afar! This again will form part of a competition as we go through the challenge, so, watch out for the posts and emails to win prizes!

Keeping Motivated

Each week, we will send out an email to keep you posted on what is happening around the county and let you know about any prizes that are on offer! You can share this with everyone in the team.

Social Media

We will be sharing details of the challenge on Active Devon's social media channels, and we have also set up a [Let's Walk Facebook group](#). By joining the group, you can share images, join in competitions and motivate each other to keep going! You may want to set up your own company team email list or WhatsApp group to keep everyone connected throughout the challenge, and let everyone know they are on track to reach your team goal. Whether moving inside or outside the home, in a workplace or working remotely, everyone can join in the challenge! **Keep us posted, share your achievements and good luck!**