

# TOP TIPS FOR TEAM LEADERS & CHAMPIONS



Thank you for signing up as a Let's Walk and More 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 an active culture has huge benefits to you, your team, and your workplace. By moving 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 into their working day.

Any workplace can take part, as long as they have a team of between 3 – 12 colleagues and each have access to a smart phone. By creating a team of buddies, 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 together.

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

Sign-up via the red button on the [Active Devon sign-up page](#). You will then need to visit the [Apple App Store](#) or the [Android Play Store](#) and download the **buddyboost** app to the smartphone you use the most. Once you have downloaded the buddyboost app and joined the Walk and More challenge, just select your business or employer from the drop-down list. Then you can create a team name and invite colleagues to join you from the '**Buddies**' tab within the app. Teams need to have between 3 - 12 colleagues, so we recommend doing this in advance.

## 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, combined with your own information, to help encourage and motivate your colleagues to take part throughout March. You can download a range of resources from the [Active Devon website](#), to help start those conversations with your teams. We'll also keep in contact with you through weekly emails and in-app posts, providing regular motivation, hints and tips and spot prizes!

## Don't Forget to Spread the Word

Use your teams to spread the word around your workplace - maybe you have some colleagues onboard who are regularly active or there may be some staff who just fancy having a bit of fun. Whatever the reason, they can help you share the message far and wide and get people thinking about their health and wellbeing during the working day.

Once you have created a team, your colleagues will see how easy it is to take part. Hopefully this can then help you build momentum and encourage others to also get involved.

## Entering Multiple Teams

Teams can be created once you have joined your business or employer on the buddyboost app.

Teams of between 3 - 12 colleagues can take part, so if you are part of a larger organisation, we would encourage you to create multiple teams once you have connected with your registered business/employer.

To support workplaces entering more than one team, we have created the handy '[Team Tracker](#)', to help you keep tabs on the progress of your teams. The Team Tracker gives you the chance to add a bit healthy team competition to this workplace challenge – you could even start your own recognition board, complete with internal prizes! It's really easy to fill in as all the figures you need are visible in the buddyboost app, so there are no tricky sums to do.

It is a great idea for each team to have a nominated team leader. One person could also have an overview of all teams from that workplace, if multiple teams have been entered. This makes it even easier to share resources across your teams and to keep the motivation flowing.

## Personal Goal

One great way to motivate you and your buddies to be active every day is to set a personal 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 on our [Resources](#) page. Encourage everyone in your team to share their goals, that way you can all motivate each other to keep going – even from afar!

## Daily Consistency is King

This year is all about consistency. We want to see if you and your colleagues can manage a minimum of 26 minutes of activity every day, for the whole of March. You can do any activity you want, and you don't even have to do the same thing every day. Just make sure you do your 26 minutes and support your buddies to do theirs too.

You can still track your total steps, times and distances separately using your favourite activity tracker apps or wearables and why not share your progress with everyone else who's taking part, by posting in the community feed in the buddyboost app.

## How Does the Leader Board in the buddyboost App Work?

The leader board shows all the Devon-based businesses and employers that are taking part in the challenge.

The leader board tracks how many people of those taking part from each workplace, complete their daily 26 minutes. If you want your workplace to climb to the top, make sure your organisation is encouraging every employee who is taking part to be active every day throughout the challenge, with whatever activity works best for them.

## How Can We Be Crowned Let's Walk and More's Most Active Workplace?

The winning workplace will be the business or employer with the most consistently active members of staff. For example, if you have a workplace of 12 people and all 12 members of staff log their activity everyday throughout March, you'll likely be top of the leader board. If there is a tie for first

place at the end of the challenge, the workplaces with a greater variety of logged activities will earn extra points.

So how can you be crowned Let's Walk and More's most active workplace? Log your individual activity every day, encourage all of your participating staff to do the same and explore different types of activities throughout March. Remember, this is a 'workplace' challenge, so make sure you are encouraging **all** participating staff from your business or employer to log their activities every day.

## **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.