



## Tips on Forming Teams



As a team captain you are responsible for putting together your team. Teams can have up to ten members. The following tips can help you build your team in a variety of places.



### Worksite Teams

- Post a sign-up sheet at the water fountain or on the bulletin board.
- Send e-mail to employees.
- Form teams from various departments, work shifts or building floors to develop some friendly competition.
- Established weight loss support groups could become involved to add new interest and incentive to their current programs.

### *Worksite Teams' tips for success*

Does your business have long hallways that might offer a location for walking in inclement weather? Measure the length to determine distance walked. Borrow a measuring wheel from a local athletic group and make maps available of various routes. List local resources for walking, i.e. city walking paths, school tracks, malls, gymnasiums and around the inside of a large store.

Having a support group to monitor and encourage progress in health goals is always beneficial. Your business' wellness committee could help meet that need along with the fun and fellowship of working on a common goal of physical well-being.



### Adult School Teams

- Ask to talk at a school meeting
- Put a notice of the program in staff announcements.
- Place table tents in the school cafeteria and teachers' lounge.
- Promote in the school newsletter.
- Post team name and participants in the teachers' lounge.

### **Examples of Adult School Teams**

- School cooks
- bus drivers
- Middle & high school teachers
- Administrators
- "arts" vs "science" faculty/staff
- Upper elementary vs lower elementary teachers

### *Adult School Teams' tips for success*

- Post accomplishments in the teachers' lounge, bus barn, kitchen, etc.
- Chart successes for friendly motivation
- Encourage before and after school walking in the hallways or outside with a pedometer or predetermined path.



### Community Teams

- Various community boards and clubs can offer a challenge to one another to walk the most miles, lose the most pounds, eat the most fruits and vegetables, etc.
- The community can work together to mark walking routes with distances, open public buildings such as schools for walking at designated times and encourage local businesses to provide incentives.
- Place a "thermometer" in town showing the progress of the whole community toward better health habits.

### **Examples of Community Teams**

- Elected and appointed officials - board of supervisors, school board, hospital board, city council, public health board, county extension council, library board, soil conservation board.
- Community services clubs—Kiwanis, Rotary, hospital auxiliary, Lions, sororities, Jaycees, women's clubs
- Community coalitions—United Way, wellness coalitions, advisory councils, neighborhood groups, Chamber of Commerce
- Or the community as a whole can divide into various teams, challenging and supporting one another.

### *Community Teams' tips for success*

- Post accomplishments in local newspapers, chamber and club newsletters.

Community boards and clubs are involved in many challenging decisions. Improving healthy lifestyle habits could lead to better stress management and better decisions.

Community boards and clubs also act as examples to the citizens on how it improves their health. Better health leads to a better quality of life and a stronger community.



## Tips on Forming Teams (cont'd)



### **Faith Community Teams**

- Post a sign-up sheet on the church bulletin board
- Put information in the bulletin and newsletter
- Encourage other faith communities in your area to participate and develop some friendly competition.

### **Examples of Faith Community Teams**

- Establish teams from groups in your faith community such as the board, deacons, deaconesses, missionary committee or adult fellowship groups.
- Form several smaller teams from within the men's or women's group.
- Established weight loss support groups could become involved to add new interest and incentive to their current program

### ***Faith Community Teams' tips for success***

Does your building have a gym, large meeting hall or long hallways? It might offer a location for walking in inclement weather. Measure the length to determine distance walked. Borrow a measuring wheel from a local athletic group and make maps available of various routes. List local resources for walking, i.e. city walking paths, school tracks, malls, gymnasiums and around the inside of a large store.

Having a support group monitor and encourage progress in health goals is always beneficial. Your faith community could help meet that need along with the fun and fellowship of working on a common goal of physical and spiritual well-being.



### **Family Teams**

- At a family dinner introduce the idea of your family teaming up to improve health.
- Family can be just those you live with or extended family

### ***Family Teams' tips for success***

- Designate your refrigerator as the team bulletin board.
- Chart successes for family motivation.
- Encourage family walking with a pedometer or a predetermined path.
- Decide on some specific family prizes for each member or the entire team when you achieve your goals.
- Track the number and kind of produce your family eats.



### **Older Adult Teams**

- Contact the local "Area Agency on Aging" to promote the program in its newsletters
- Create competition between meal sites and/or senior centers in various communities.
- Promote on the local cable TV station and radio stations.
- Write articles for newspapers and newsletters.

### **Examples of Older Adult Teams**

- Grandparent/grandchild teams (within the family or may be organized through faith community).
- Teams at senior centers, meal sites or senior living apartment complexes.
- Teams from established groups such as church groups, gold-age bank clubs, libraries, hospital 60+ groups and legion auxiliaries.

### ***Older Adult Teams' tips for success***

Does your building have a gym, large meeting hall or long hallways? It might offer a location for walking in inclement weather. Measure the length to determine distance walked. Borrow a measuring wheel from a local athletic group and make maps available of various routes. List local resources for walking, i.e. city walking paths, school tracks, malls, gymnasiums and around the inside of a large store.

Having a support group monitor and encourage progress in health goals is always beneficial. Set times and locations for seniors to meet, walk and socialize.

Registration begins December 12 at:  
[www.shapeupmontana.org](http://www.shapeupmontana.org)