



2009 National President's Challenge

National President's
Challenge:
Be Active Your Way!

May 1 - July 24

Registration: May 1 - May 29
at www.presidentschallenge.org

NATIONAL PRESIDENT'S CHALLENGE BEST PRACTICES FOR CORPORATE ORGANIZERS

Congratulations on rising to the challenge for a healthier America! Here are some tips to help you get others from your workplace involved and keep them participating.

- **Assign a program coordinator to register and administer the challenge.**

Choose a coordinator who is:

- Organized
- Energetic
- A good communicator
- A good example to others

- **Be sure all participants know your group number before sign-up so everyone starts together.**

- **Set up team competitions.**

A friendly competition is a great way to motivate people. Set up competitions between groups that are likely to want to compete:

- Department vs. department
- Labor vs. management
- Shift vs. shift
- Be creative!

- **Communicate.**

Your team will be more successful if you keep them informed:

- Provide weekly updates and reminders as well as ideas on how to stay active.
- Start a newsletter to track progress.
- Set aside space on a bulletin board to recognize participants and track progress.
- Create a blog where team members can communicate.

- **Provide incentives for individuals and teams.**

The order center (www.presidentschallenge.org/order_center/index.aspx) has everything you need:

- T-shirts
- Sport packs
- Medals
- More!

You can also offer your own incentives:

- Profile your top participants with photos in a break room or lobby.
- Honor top participants in your company's newsletter or website.
- See if your company's human resources manager can offer additional incentives, like a day off for the office winner or a company-sponsored lunch for top participants.

And remember, organizations with a minimum 35% completion rate will receive a special certificate.

For assistance with the Challenge call: 1-800-258-8146