

Motivate and succeed



How to use these materials

Keep the momentum going

Regular updates and distance progress reports will go a long way to keep your walkers involved in your Wellness Works Walk Across America program.

Sample newsletter

A simple newsletter, emailed within your company, will keep everyone on your team connected—and watching for upcoming editions about the walk.

Where are they now? Maps for employer and employees

You can print out the document of the map of the United States if you'd like. Use it as a poster or email it to use as individual progress reports for everyone on your team. Feel free to make your own maps, too.

Seeing is believing—progress chart

Map your progress with a chart. Send it out to all employees, post it on a bulletin board, include it in a newsletter. Update it weekly to show everyone how far the walkers have come as a company.

Incentives

There are many effective incentives you can use during your Walk Across America to keep your teams on track. Suggestions and a list of ideas are included.

Certificate of Achievement

It's a great idea to recognize your walkers at the conclusion of your company's event. A simple personalized certificate makes a lasting reminder of each person's contribution to a successful team effort.