

# 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.

