

1. Exercise Icebreaker

At a team meeting, start by having everyone do an exercise that starts with the first letter of their name. (ex. Lunging Lisa, Karate Chop Katie). Or, have interested team members compete in a plank challenge.

2. Form Running Groups

Create easy ways for colleagues to run together before, during, or after work. Maybe provide an incentive for those individuals - free breakfast one day, gift card, company recognition, etc.

3. Invite Fit4Kids to Your Office

Invite Fit4Kids to bring the Charity Cup Challenge trophy to your office for a team meeting. We'll bring a healthy snack and lead the group in a brain break.

4. Share Online Resources

Share links to articles and resources to support individuals train or become more active. Ideas: <https://www.c25k.com/>, <https://www.fitnessblender.com/>, <https://www.runnersworld.com/>

5. Encourage Company Leadership Participation

Ask members of leadership to be an example and highlight their commitment to exercise, ask them to promote the Run, and encourage them to support the event Charity Partner - Fit4Kids.

6. Create Team Competition

Nothing encourages participation more than a little friendly competition. Think of how to engage coworkers through an internal challenge.