

Ideas for Your Community Organization!

There are plenty of ways for churches, libraries, associations, social clubs, and any community organizations to be a part of the Challenge! These are just some options that we thought of, but feel free to change it up!

Provide I Can! Information

Does your organization have a newsletter?

- Whether your newsletter is electronic or printed, you can place an article, press release or tips about heart disease, diabetes or the I Can! Challenge in your newsletter. Send an email to info@icanchallenge.com to receive this information. Then, all you have to do is copy and paste it into your newsletter, and distribute!

Send an Email Blast

- Sign up to receive tips, articles and press releases that can be emailed to members of your organization, staff or anyone you'd like. Email us at info@icanchallenge.com to receive the information. Then, all you have to do is copy and paste it into your email, and distribute!

Post I Can! Challenge Information

- There's always some empty space available to hang a [poster](#), sit a table tent on, or place post cards. We can provide you with the posters, table tents or post cards to place around the office. To obtain any of these items, email us at info@icanchallenge.com. Some spots that may be open:
 - Community bulletin board
 - Bathroom doors
 - Meeting rooms / tables
 - Kitchen Area / Lunch Room

Set Up a Display

- Do you have room for a window display? Or, a corner to feature an I Can! display? Design a display of books that focus on diabetes, heart disease, exercise, etc.

Web Site Links

- Create a link on your Web site that links to www.ICanChallenge.com. The I Can! Challenge Web site is available for anyone to sign up for the Challenge, follow other participants, read the [Challengers' bios](#), [blog](#) about their experiences, and become part of this community initiative.

Banner Ad

- Instead of a link, you can add a banner ad to your Web site! We have an I Can! Challenge banner ad, so simply email us at info@icanchallenge.com to request it.

Having an Event, Seminar or Get Together?

- Display I Can! Challenge materials at your event.
- Encourage attendees to join the Challenge by visiting the I Can! Web site.

Meet & Greet with Challengers

- [Five Challengers](#) from our community are completing the Challenge in the public eye. Invite a challenger to come meet members of your organization, or to attend a community event. To invite a challenger to speak about their I Can! experience and provide support, just send an email to info@icanchallenge.com expressing your interest.

Form a Team

Create an I Can! Team

- Create a support system! Host a team in your organization to complete the I Can! Challenge together. A team provides members of your group with a lot of helpful support through weekly meetings, accountability, and encouragement from peers. If you're a workplace and want to create a team, we'll also provide you with [posters](#) to encourage employees to join your team! Just email us at info@icanchallenge.com to get printed posters.

Who Leads the Team?

- **Option 1:** Teams can be led by a trained health coach (similar to a personal life coach). The health coach may be a trained health care professional from your organization, or from outside the organization. [Hire a health coach professional to bring on-site.](#)

- **Option 2:** Teams can be led by a motivated individual, who is not a trained health coach – and that’s okay! All of the tools and instructions for forming and leading a team are already prepared for you. We’ve provided suggestions for motivating members and types of activities to do during each weekly meeting. Simply visit the Web site and download the Team Leader Tool Kit, located under [What Your Business or Organization Can Do](#).

I Can! Team Match Contest

- Is there another organization or chapter that you want to compete with? See how many people sign up, or which department gets the most points at the end of the 12 week program.

Support Participants

Be an I Can! Challenge Host

- Some participants may join as a team and will need a place to meet once a week. Open your doors to allow participants of the I Can! Challenge to meet in your office, community room, etc. Email us at info@icanchallenge.com if you’re interested, and we’ll spread the word.
- Host a luncheon for any participant to attend and receive information from a local nutritionist, or learn tips from a personal trainer from a local gym.

Provide Internet Access

- Do you have extra computers available, or one that someone isn’t using at a certain time? Provide access to the I Can! Challenge Web site for two hours, or a certain part of the day. Allow those who don’t have Internet access to come in to your facility, track their progress, and gather information about the Challenge. If your organization will provide Internet Access, email us at info@icanchallenge.com, and we’ll notify the participants.

Get Active! Set an Example

Replace the Junk Food

- Instead of only offering the candy bars, chocolate chip cookies and chips at the snack bar, provide healthier options, such as air popped popcorn, handful of nuts, whole wheat crackers.
- Have a community meeting in the morning? Replace the donuts and pastries with fresh fruit, water and 100% fruit juice.

Take a Break!

- Instead of hitting the mall over lunch, encourage members of the organization to take a physical activity break. And engage in at least 10 minutes of physical activity each day of the week.

Meet at Lunch!

- Are participants' schedules hectic in the evenings? Set a time over lunch that allows participants to meet and discuss the weekly challenge. The time is "scheduled," so no other appointments, meetings, etc. can interfere.

Utilize Our Resources!

- Employers, businesses, and community organizations that support the Challenge are listed on the I Can! Challenge Web site. Find a restaurant who is taking part in the Challenge, and see if they'll provide a healthy discount to your organization's participants.

Lead a Walking Group!

- Create a walking group that walks over lunch or right after work.