

Ideas for Your Workplace!

There are plenty of ways your workplace can 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

Do you have a company 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 your staff, clients, 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 or place post cards. We can provide you with the posters or post cards to place around the office. To obtain either of these items, email us at info@icanchallenge.com. Some spots that may be open include:
 - Company bulletin board
 - Bathroom doors
 - Reception area
 - Kitchen area / lunch room
 - Human Resources department

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.

Paycheck Stuffers

- Make the I Can! Challenge information part of your employees' paychecks! We have promotional materials, articles, tips and more available, so just email us at info@icanchallenge.com and we'll get them to you!

Having an Event, Seminar or Get Together?

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

Meet & Greet

- Invite a health coach to come to your workplace and talk to your I Can! team, or to attend your company event. To invite a health coach to speak about the I Can! experience and provide support, just send an email to info@icanchallenge.com expressing your interest.

Form a Team

Create an I Can! Workplace Team

- Create a support system! Host a team in your workplace to complete the I Can! Challenge together. A workplace team provides your employees with a lot of helpful support through weekly meetings, accountability, and encouragement from peers. We'll provide you with posters to encourage employees to join your workplace team! Just email us at info@icanchallenge.com to get the posters, or start getting the word out immediately by printing the 8 1/2 x 11 flyer available in this packet.

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 on staff or from outside the organization. Should you want to find a health coach professional to bring on-site, resources are available at www.ICanChallenge.com.

- **Option 2:** Teams can be led by a motivated employee who is not a trained health coach – and that’s okay! We will provide the team leader with all of the tools and instructions for forming and leading a team – from how to motivate members to suggested activities for each weekly meeting. It will be available at www.ICanChallenge.com.

I Can! Team Match Contest

- Is there another company in your building, or do you have multiple departments within your company? Challenge another company or department. 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 offices. Email us at info@icanchallenge.com if you’re interested, and we’ll spread the word.

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 office, track their progress, and gather information about the Challenge. If your workplace 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 offering only candy bars, chocolate chip cookies and chips at the snack bar, provide healthier options such as air popped popcorn, a handful of nuts, or whole wheat crackers.
- Have a morning meeting with the staff? Replace the donuts and pastries with fresh fruit, water and 100% fruit juice.

Take a Break!

- Instead of hitting the fast food place for lunch, encourage employees to take a physical activity break. Allow different times during the day, (10 a.m., lunch, and 3 p.m.) to engage in at least 30 minutes of physical activity five days a week.

Meet at Lunch!

- Are participants' schedules hectic in the evenings? Set a time during 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 that is taking part in the Challenge, and see if it will provide a healthy discount on a lunch order for your employees.

Lead a Walking Group!

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