

Success Story:
Tips for success from the captain of a winning sub-team of a WSHG Wellness Challenge. *Natick Preschool* came in 1st out of 36 sub-teams in the WSHG Wellness Challenge: **Between A Walk & A Hard Pace**

Here are insights from an interview with **Michele Fernandes,
3 time captain of the Natick Preschool Sub-team**

1) What do you think entices co-workers to join the wellness challenges?

Michele believes that the competition of the challenges are what gets her team members going. They want to be first!

Along with the competition, being healthy is also a benefit of the challenges which they value.

2) How do you promote the challenge to your co-workers?

Michele promotes the challenges by talking with co-workers at her workplace. She believes face-to-face communication is the most effective.

Once the team is registered, she motivates the team members by using the Daily Endorphins System to e-mail her team.

3) Do your team members exercise together?

Team members of the Natick Preschool Team most often exercise on their own. (However, see question #4)

4) What kind of support do the team members of your team give each other during challenges? Do you motivate each other?

There are several ways in which the team members support & motivate each other:

~ Team members will sporadically send e-mails regarding getting together for a walk during lunch. These are spontaneous messages among the members are sent to initiate exercising together, if members are available.

~ A team member put together a list of trails for walking, running or hiking, and shared it with the team.

~ Michele periodically posts photos of her walks to motivate the team.

5) What is your favorite part of the participating in the challenges?

This captain is, in her words, “in it to win it!” She loves the competition portion of the challenges.

She also loves the camaraderie that comes with working as a group & being part of a team.

And, she likes being able to represent the Preschool as a group.

6) What advice would you offer to other captains of sub-teams?

Michele recommends more face-to-face motivation. She feels this is valuable in promoting the challenges, and motivating the team members.

She also recommends giving specific details during the programs. For example, she has sent out messages indicating exactly how many steps they were behind a certain team (to get to first place!), and how many steps they would each need to contribute to pull ahead of a team.

7) What would you say to other participants in WSHG Wellness Challenges?

Michele had great, concise words of wisdom:

~ Keep up the good work.

~ Remember, it’s a challenge.

~ Play fair.

~ The more people the better - it makes more healthier.

Note from interviewer: It is apparent that Michele Fernandes also motivates by “walking the talk”. She is positive, energetic, and invests in her own health & fitness!