

Lose Big, Win Big

Team Leaders

Can you motivate your co-workers to lead healthier lives?

Do you have an interest in learning more about wellness, healthy eating habits and physical activity?

Can you lead a team that will practice healthier nutrition patterns, resulting in a healthy team weight ?

If the answer is **yes**, then (name of organization) needs you as a team leader for the 10-week **Lose Big, Win Big** at your site. Team support is essential and can be coordinated during approved breaks/lunch/dinner. By working together, you lose together and ultimately win together. You may develop teams based on floor, division, unit, etc. Each team should have a designated team leader who will oversee the implementation of the program. Meetings and weigh-in will be scheduled during approved non-work hours.

Team Leader Responsibilities

Recruit co-workers to participate in the program.

Encourage team members to stick with the program.

Support your team by urging members to share strategies.

Help team members who may be struggling and avoiding weigh-ins.

Conduct weekly weigh-in of each team member and record weight. If a team member misses a weigh-in, their weight from the previous week will be carried over. An Excel spreadsheet will be provided to record each team member's weight and will automatically calculate percentage of weight loss.

Keep team member weight strictly confidential.

Distribute information.

Organize fun activities for your team.

Submit team weight loss and percentage of weight loss to (Team Coordinator) each week.

Suggestions for Successful worksite weight management programs

Utilize break and lunch time to meet and plan the program.

Schedule daily walks at break time or walk up the stairs.

Share healthy recipes and develop a cook book for all to use.

Create a name for your team.

Determine ways to celebrate without high fat foods.

Promote physical activity and healthy eating.

Bring in healthy snacks.

Have a healthy salad bowl luncheon once a week. Have everyone bring in an ingredient for lunch.

Bring in a big bowl of cut up vegetables.

Have a designated fruit bowl; get rid of the candy bowl

Support your team by walking together during breaks.

Team support is essential and can be coordinated during approved breaks/lunch/dinner.