



Spring 2016 Winners

The Team



Light Division

Team average: 327,246 Steps*

*Sum of 4 week averages

1. Where did your team name come from?

At The Agency we tend to name things with the word "The" in front, for example we have The Agency, The Somebody Award, The Blog, The Fish (our pet), so one of our members, Nathan King, suggested we name our team "The Team" which represents us and our vernacular language.

2. How did your team stay motivated throughout the four weeks?

I texted the team every day to encourage them, see how they were doing, celebrate previous day successes, and also ask members to step up and cover each other's steps if someone is sick. One of our other members, Andy Hopson, always sent out funny GIFs to make us laugh and celebrate our successes. Some of us fed off seeing how well others are doing. Other members got their spouses to walk with them before and after work; others chose to walk with friends instead of driving or calling for Uber. I set personal challenges for myself for example, trying to get 20k steps in a day or finding out the most steps I can get in 30 minutes. I also competed with my other friends in my Fitbit group and got my whole family involved so I can be with them but still get my steps in.

3. What do you think made your team so successful?

We had a friendly competition with another team in our college, the CJC Sole Sisters, to see who can win so that added a little extra incentive. I also partnered each team member up with each other so no one would get left behind or fall through the cracks. We also have our MVP, Merline Durant, and other star performers on our team who wanted to do their best and were able to motivate themselves, while motivating others.

4. What tips do you have for other teams?

Keep each other motivated daily, find solutions when members are injured/sick, have friendly competition or added incentives as motivating factors, don't give up, create smaller goals within the bigger goal, try to increase your average every week, and most of all have fun and be creative!

5. How do you plan to stay active beyond this challenge?

One of our members, Cyndi Perelman said, "This has motivated me to keep moving. Whether it's walking, or just parking farther away in the parking lot...I think about it more." Others have said it's fun to walk, to see the outdoors, to have more quality time as a family being active.

*Note: Answers edited for length and clarity.