Motivating Colleagues

Help colleagues find inspiration & set bite sized goals

- Help them find the 1 thing that will inspire them to take part, such as time; outdoors, away from the phone, the desk, time to think, socialise, get some fresh air.
- Suggest some simple achievable goals that include a goal & a 'why' goal. For example:
  "I will walk a Daily Mile twice a week to get some fresh air"
  "I will run once this week and twice next week to help me to sleep better"
  "I will jog once this week, twice next week and meet my friends"
- Share the health benefits of walking/running/ jogging so colleagues can see the purpose.

Make it fun & mix it up

- When something is enjoyable people are more likely to stick with it. Consider introducing challenges
- Cross team/departmental/cross site/cross shift challenges.
- Set a total mileage target and see who reaches it first. Working together can be very motivating.
- Create a competition for colleagues to find new 1 mile routes form the workplace to discover new sights to keep things fresh.
- Share them on the *Go Jauntly App* and on The Daily Mile section of the workplace notice board.
- Choose a destination, find out how many miles from the workplace and set a challenge to run/jog/wheel/ walk the equivalent in a set time. (i.e. Manchester to Edinburgh is 220 miles aim to achieve in 2 weeks as a group).

Rewarding progress

- For colleagues who want to, introduce a Daily Mile star of the week and share in the workplace.
- Reward group progress and achievement when running/jogging/wheeling/walking with others or sharing a goal.
- Be kind to yourself when things don't go to plan.

A Walking culture

- Create monthly or bi-monthly Daily Mile campaigns such as;
  Take A Jogging Lunch month
  Walking and Talking month
  Netrunning Month
  Run/jog/wheel/walk to work month
- Aim to embed the culture across the organisation and encourage managers to lead by example and acknowledge efforts by others.

Track your progress

- Take a look at The Daily Mile trackers to record the number completed, distance covered, time spent moving, number of days of movement. *Daily Mile Minute Tracker* or *Daily Mile Step Tracker*
- Maybe you would prefer to keep a *Daily Mile Diary* for record and to make a note of how you felt before and after- it's great to look back on your progress.
- You may wish to explore use of tech such as a pedometer or step counter to keep track of how many steps you're doing.
- If you have access to a phone there are apps & websites that can help track distance and count steps too. *Working out a mile & Planning a Daily Mile route.*