

Exercise Incentive

Runs for three months during nice weather. Divide chapter into teams of 5 or 6.

Each week, team members report to a captain the number of miles walked or biked.

Display the team totals on a poster. At the end of 3 months, the team with the highest number of miles wins.

Member with the highest number of miles should get a special prize (pedometer would be a good one!) Water bottles might be a good inexpensive idea for prizes or the sneaker charm or bike charm.