Here are some tips any member of a team can use—co-captains and teammates alike!

1. **Choose a method for regular team communications—and use it!**
   - Your Team Feed
   - Weekly in-person mini-meetings/coffee-breaks
   - Regular group emails (you can even send them through the getfit website!)
   - Regular group text messages
   - A Facebook group for your team members

2. **Use your communications method to:**
   - Ask your teammates how they’re doing
   - Provide encouragement
   - Remind each other about deadlines
   - Challenge your team members to complete a certain activity or goal
   - Offer and solicit exercise tips and suggestions, for example:
     - Activities to do at your desk or inside
     - Your favorite bike paths, running routes, or yoga podcasts
     - Local gyms or activity centers

3. **Do things together**
   This can be challenging with busy schedules, but if your team can swing it:
   - Arrange a regular power walk, bike ride, or Killian Court frisbee toss, your own Field Day, or ?
   - Find an activity none of you have done before and try it together
   - Sign up your team for a 5K
   - Attend one of the getfit-sponsored tunnel walks or sign up for classes as a group, or challenge each other to achieve eligibility for team contests
   - If you’re all members of DAPER, enroll in a DAPER class together

4. **Do things separately, and share your experience**
   If your schedules don’t allow for team activities, inspire your teammates with updates of what you’re doing, for example:
   - Your ski trip to Vermont
   - Chasing after your kids or grandkids
   - Adventures with fitness-tracking wearables
   - Your hockey team’s exploits

5. **Reward yourselves and have fun! For example:**
   - Have a healthy snack break to celebrate reaching each week’s exercise goal
   - Create team T-shirts
   - Hold your own team “awards dinner” at the end of the challenge