Avoid Mondayitis

Choose a challenge start date that encourages positive attitudes

It’s not a myth. Mondayitis really does exist. A UK study* found the average worker spent 34 minutes moaning on Monday compared to just 22 minutes during the rest of the week! One in three people said they hated Mondays more than any other day of the week. Why? The most popular reasons given: full e-mail inboxes and heavy Monday work schedules that felt overwhelming.

You might think that’s a great reason to kick off a wellness campaign. Wouldn’t a Monday challenge start date turn that ‘Oh no! Not Monday!’ feeling into a ‘What a great time to start getting active!’ feeling? It’s just not the case. In our experience, ‘Hump Day’ Wednesday is the perfect day to kick off a 10,000 steps challenge. Here are just a few reasons why...

1. More open communication – you’ll find teammates are more likely to communicate in an upbeat fashion once Mondayitis has passed.
2. More chance employees will remember clip on their pedometers and get active – Mondays are notorious for employees running out the door in a panic and playing catch up at work. However, by Wednesday, staff are in control of their week’s schedule, more relaxed and ready to step up to their 10,000 steps challenge.
3. More time for you to create a countdown to launch day – maximizing employee excitement and anticipation is easier to achieve without the interruption of a weekend.

What’s worse than a Monday start date? A Sunday Finish!

Many online challenges, including 10,000 Steps Australia, require the final day’s steps to be entered online the same day as the challenge ends. Having a workday as your final day of the challenge gives Team Captains and teammates the opportunity to remind each other to log their final steps.

Plus, it’s a great opportunity to create a ‘Mad Dash to the End’ event or send a broadcast reminder to ensure no one misses out on recording their final day’s steps. If your challenge finishes on a Sunday, you’re simply not there to create the thrill of a last-minute, give-it-your-all challenge photo finish.

When you start planning your 10,000 Step challenge, or any wellness event, it’s worth keeping in mind the perils of Mondayitis. Consider starting your challenge midweek to capitalise on healthier attitudes.

Workplace pedometer challenge

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About
10,000 Steps Tasmania is a pedometer workplace challenge that is uniquely on demand and customizable. Our walking experts have combined intelligent design with up-to-the-minute technology to create an interactive step challenge that inspires employees to be active, and provides coordinators with a turnkey solution to running a successful corporate wellness program. If your organisation is interested in taking up the challenge, contact us for a live demo.

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