



Fun Ways to Stay Connected and Supportive of Participants and Groups during COVID-19

It is important to stay connected to your lifestyle change program participants now more than ever. Whether your organization has paused your programs or has transitioned to distance or virtual delivery, staying connected with and supportive of program participants helps to:

- Support their maintenance of or progress on their lifestyle change goals
- Aids with program retention for when you do re-engage
- Honors the unique challenges we are all facing related to eating, activity and social isolation

The following are a few ideas to get started...

- Tools/Options for Reaching Out to Participants:
 - Individual or group emails
 - Individual or group text
 - Group text apps such as *Group Me* or *WhatsApp*
 - Closed Facebook group or another online group/forum
- Schedule a group catch up for groups on pause – Ask how everyone is faring with COVID-19 changes personally. Invite everyone to share something about their experience. Discuss ways to practice wellness and self-care despite circumstances
- Send your group a supportive message regularly-*weekly, bi-weekly or monthly*-whatever is within your capacity (an email, group text, online forum, electronic card, email, video, etc.)
 - Include appropriate humor through cartoons
 - Include motivational quote
 - Include tips for staying on track, coping with challenges, getting back on track with lifestyle change

- Invite your group to develop a weekly/monthly theme and exchange:

- Photos (High School, College, Family, Funny Haircuts, Favorite Vacation, Pets, etc.)
- Favorite motivational quote
- Favorite movie, show or book
- Favorite hobby
- Creative way they have snuck in activity at home
- Favorite healthy recipe or snack



- Share the **Lifestyle Change Program Bingo cards** found on Common Ground with your group-this activity encourages participants to try on small changes and mark them off on the card when they have accomplished them. Use this as a competitive game or just a supportive tool to keep lifestyle change in

Drink 32 oz of water a day every day this week	Play actively with children or pets for 15-30 min per day	Buy veggies and fruit in season	Stop eating when you feel full
Dance or march in place while watching TV	Share a personal success on social media	Take a walk with a friend or coworker (even for 10 minutes)	Change the recipe of a favorite meal to make it healthier
Make tracking part of your daily routine	Do not eat after an evening meal	Add a serving of veggies to every meal	Say "no" to things you don't want or need to do

mind while having some fun. Encourage group sharing of bingo cards during check-in meetings or via your group check-in or informal communication. [Find the bingo card here.](#)

- Ask your group to work together to compile a music playlist or select a team motto
- Schedule a virtual lunch
- Get involved in an activity that can be done together virtually (exercise challenge, recipe swap, etc.)
- Reach out to individual participants who have not engaged in group connections so you can assess how they are doing