Good communication is key on and off the field. Be the first to say hello and express yourself clearly.

Be sure to give everyone a chance to share. All members of the team need to be heard in the huddle.

Encourage and support each other no matter what the scale reads. Strong teams are built with strong support systems.

Have a new member? Begin a meeting with an icebreaker for a fun way that everyone can get to know each other better.

Establish trust by treating everyone equally. Don’t just protect the quarterback. Protect the entire team!

Every team loses a game now and then. If anyone has gained in a given week, focus on the positive to keep spirits up.

Celebrate each member’s individual strengths. Strong teams have players who are confident in their abilities!

Partner up for contests, even if it is an individual contest. Partners can cheer each other on toward the goal line.

Get them on the field! People feel part of the team when they make a contribution, no matter how small. For example, you can ask someone to make coffee or put out name tags before meetings.

Success starts with a shared vision. At each meeting, remind each other you are there for the same reason—to lose weight and keep it off!