

Teams:

53

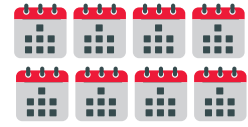


Participants:

265

Period:

8 WEEKS



Accumulative steps:

OVER 158 MILLION



Question

Q. Do you regularly take walks during your work or study day?

(very often/often) **44.9%** Pre Step Count Challenge

(very often/often) **51.5%** Post Step Count Challenge

Q. Do you visit green spaces during your work or study day?

(very often/often) **24.3%** Pre Step Count Challenge

(very often/often) **35.9%** Post Step Count Challenge

Q. Do you make an effort to leave your desk during your work or study day?

(very often/often) **57.7%** Pre Step Count Challenge

(very often/often) **62.2%** Post Step Count Challenge

Q. Do you discuss what activity you do during the week with colleagues/fellow students?

(very often/often) **31.2%** Pre Step Count Challenge

(very often/often) **46.2%** Post Step Count Challenge

Q. Would you take part in any future Step Count Challenges?

91.2% OF RESPONSES SAID **YES**

Q. Do you think challenges like this one are a good investment for staff health and wellbeing?

97.1% OF RESPONSES SAID **YES**

Q. Are you pleased that you took part in the Step Count Challenge?

97% OF RESPONSES SAID **YES**

Open question 6

Q. Do you think your behaviour in regards to activity has, or will, change after taking part in the Step Count Challenge?

I have been more motivated to hit my **10000 STEPS**

YES Yes, I am more conscious of my daily steps.

YES I'm trying to take regular exercise, jogging 3 times per week, and going long walks at weekends, or trying to walk locally instead of driving as much as possible.

YES Yes, I am going to try and maintain a healthy step goal every day and carve out time to get away from my desk.

Q. After completing the Step Count Challenge what extent do you agree/disagree with the following statements?

Taking part in the Step Count Challenge has motivated me to become more active

88.2%

Having this support from the University makes me feel like they are actively trying to help improve my health and wellbeing

88.3%

STRONGLY AGREE/AGREE

Being part of the Step Count Challenge has made me feel more social and that I am part of a team

85.3%

I think I would be more active in general if the University had more funded activity challenges throughout the year

82.3%