

Teams:

38



Participants:

190

Period:

8 WEEKS



Accumulative steps:

OVER 83 MILLION



Question

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

(very often/often) **43.5%** Pre Step Count Challenge

(very often/often) **73.9%** Post Step Count Challenge

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

(very often/often) **30.9%** Pre Step Count Challenge

(very often/often) **47.8%** Post Step Count Challenge

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

(very often/often) **51.8%** Pre Step Count Challenge

(very often/often) **78.3%** Post Step Count Challenge

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

(very often/often) **23.8%** Pre Step Count Challenge

(very often/often) **43.4%** Post Step Count Challenge

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

96% OF RESPONSES SAID **YES**

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

100% OF RESPONSES SAID **YES**

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

100% 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 intend to keep up my habit of lunchtime walks even now this challenge is done!

I hope so, more initiatives like this from the University would certainly encourage me to do so.

I want to keep my pre work and lunchtime walks in place. I've found it helps me to concentrate and I often come back with new ideas and feeling refreshed.

YES Regular walks are now diarised.

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

100%

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

100%

STRONGLY AGREE/AGREE

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

80%

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

80%