



Question

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

(strongly agree/agree) **49%** Pre Step Count Challenge

(strongly agree/agree) **54%** Post Step Count Challenge

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

(strongly agree/agree) **27%** Pre Step Count Challenge

(strongly agree/agree) **34%** Post Step Count Challenge

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

(strongly agree/agree) **56%** Pre Step Count Challenge

(strongly agree/agree) **76%** Post Step Count Challenge

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

(strongly agree/agree) **38%** Pre Step Count Challenge

(strongly agree/agree) **52%** Post Step Count Challenge

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

88% 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?

96% 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?

YES I've signed up for the Glasgow half marathon which I haven't done in years so I HAVE to stay active!!

YES Definitely, mainly going for walks at lunchtime with my team members as we don't always get a chance to chat during work and feeling more energised/focused for the afternoon.

YES This has certainly made me look for opportunities in my day to make time for walking and I hope to keep this going rather than reverting to old habits.

YES It pushes me to be more consistent with my activity.

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

92%

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

86%

STRONGLY AGREE/AGREE

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

72%

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

66%