

Teams:  **70**

Participants: **350**

Period:  **6 WEEKS**

Accumulative steps:  **OVER 150 MILLION**

Question

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

(very often/often) **53%** Pre Step Count Challenge

(very often/often) **70%** Post Step Count Challenge

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

(very often/often) **34%** Pre Step Count Challenge

(very often/often) **44%** Post Step Count Challenge

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

(very often/often) **54%** Pre Step Count Challenge

(very often/often) **66%** Post Step Count Challenge

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

(very often/often) **40%** Pre Step Count Challenge

(very often/often) **51%** Post Step Count Challenge

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

92% 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 regard to activity has, or will, change after taking part in the Step Count Challenge?

A. I think it has already. Being involved in previous step count challenges has really encouraged me to get out of the office during the working day more often. And I have since maintained this.

A. I plan to make more effort to move more and maybe go for a walk at lunchtime instead of just sitting at my desk.

A. Yes, I have increased my personal daily step count and look forward to improved fitness

A. I'm hoping to keep up the momentum of getting out and away from the desk as much as possible!

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

96%

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

90%

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

82%