

Teams:  **60**

Participants: **300**

Period:  **8 WEEKS**

Accumulative steps:  **OVER 187 MILLION**

Question

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

(very often/often) **45.8%** Pre Step Count Challenge

(very often/often) **68.7%** Post Step Count Challenge

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

(very often/often) **27.4%** Pre Step Count Challenge

(very often/often) **45.1%** Post Step Count Challenge

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

(very often/often) **55.1%** Pre Step Count Challenge

(very often/often) **76.5%** Post Step Count Challenge

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

(very often/often) **31%** Pre Step Count Challenge

(very often/often) **54.9%** Post Step Count Challenge

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

95.9% OF RESPONSES SAID **YES**

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

95.9% OF RESPONSES SAID **YES**

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

95.8% 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. After completing SCC I aim to keep the momentum going and complete 10k steps daily.

A. Taking part has inspired me to take up running again.

A. I have adapted my daily activities to be more active and get the steps in.

A. Walking daily as part of SCC has seen me for a habit and daily routine of being more active.

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

94.2%

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

94.3%

STRONGLY AGREE/AGREE

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

84.7%

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

78.8%