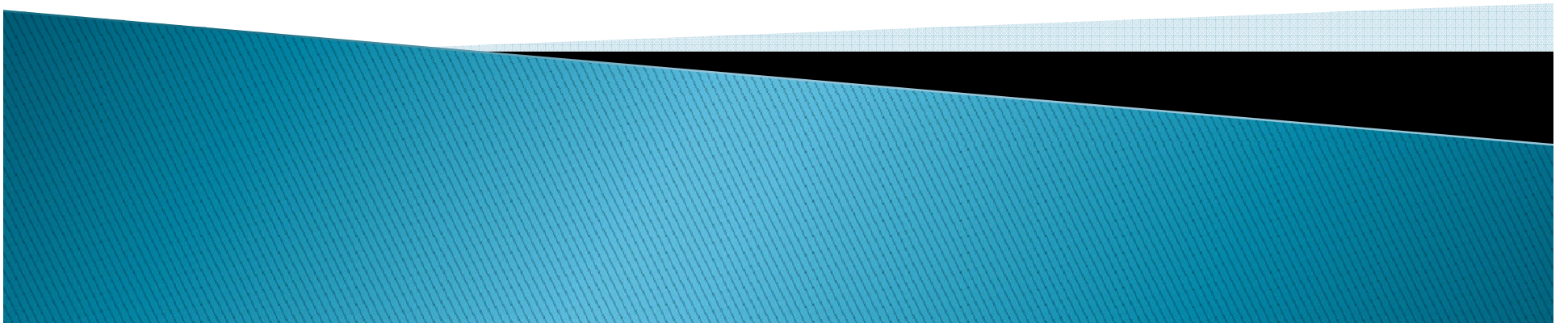


10,000 Steps Walking Program Challenge

Phase 2

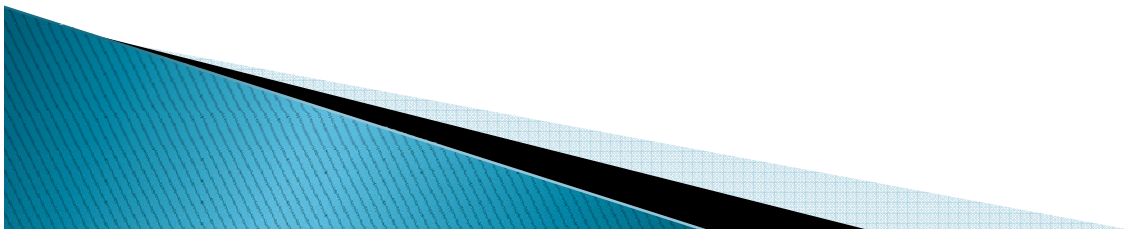


Program Review

- ▶ Duration:
 - Phase 1: March 22–April 15
 - Phase 2: April 16–May 15

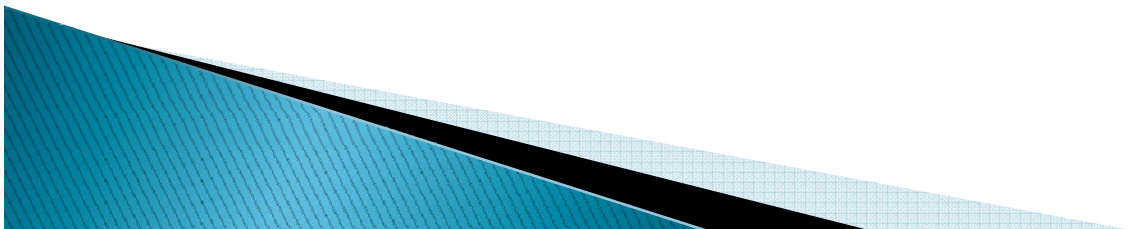
- ▶ Set Weekly Goals on three participation levels:
 - Blue: 35,000 – 39,999 steps/week
 - Green: 40,000 – 49,999 steps/week
 - Teal: 50,000 + steps/week

- ▶ Mission: increase employee awareness around activity level, reduce stress, increase overall wellness and reward with incentives



Program Achievements

- ▶ Enrolled **272** participants during Biometrics screening event
- ▶ **51** completed **Phase 1** and turned in trackers
 - 50% at De Anza
 - 50% at Foothill/Central Services
- ▶ **56** completed **Phase 2** and turned in trackers
 - 44% at De Anza
 - 56% at Foothill/Central Services



Program Achievements

▶ Blue Level

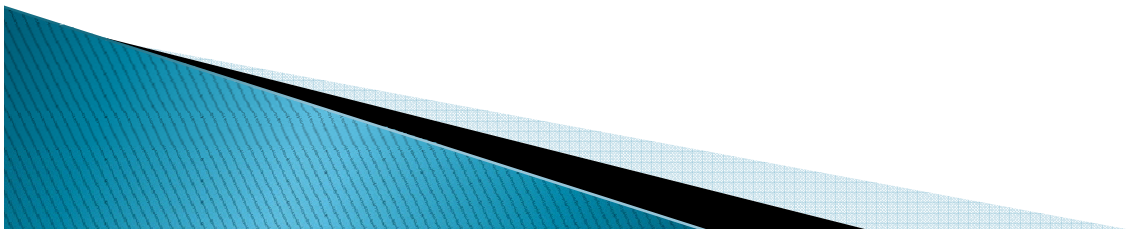
- Seven (7) participants

▶ Green Level

- Five (5) participants

▶ Teal Level

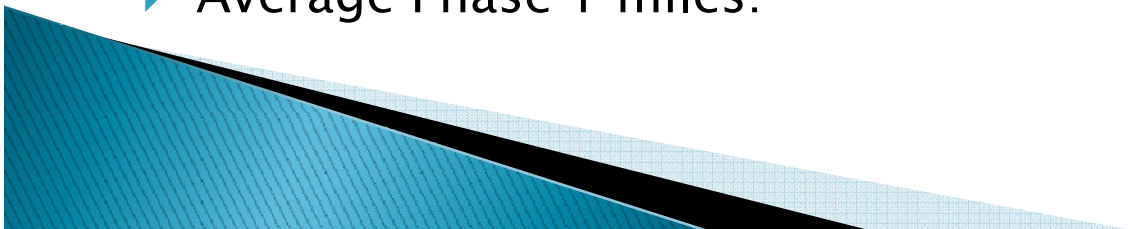
- Forty-four (44) participants



Program Achievements (Phase 1 & 2)

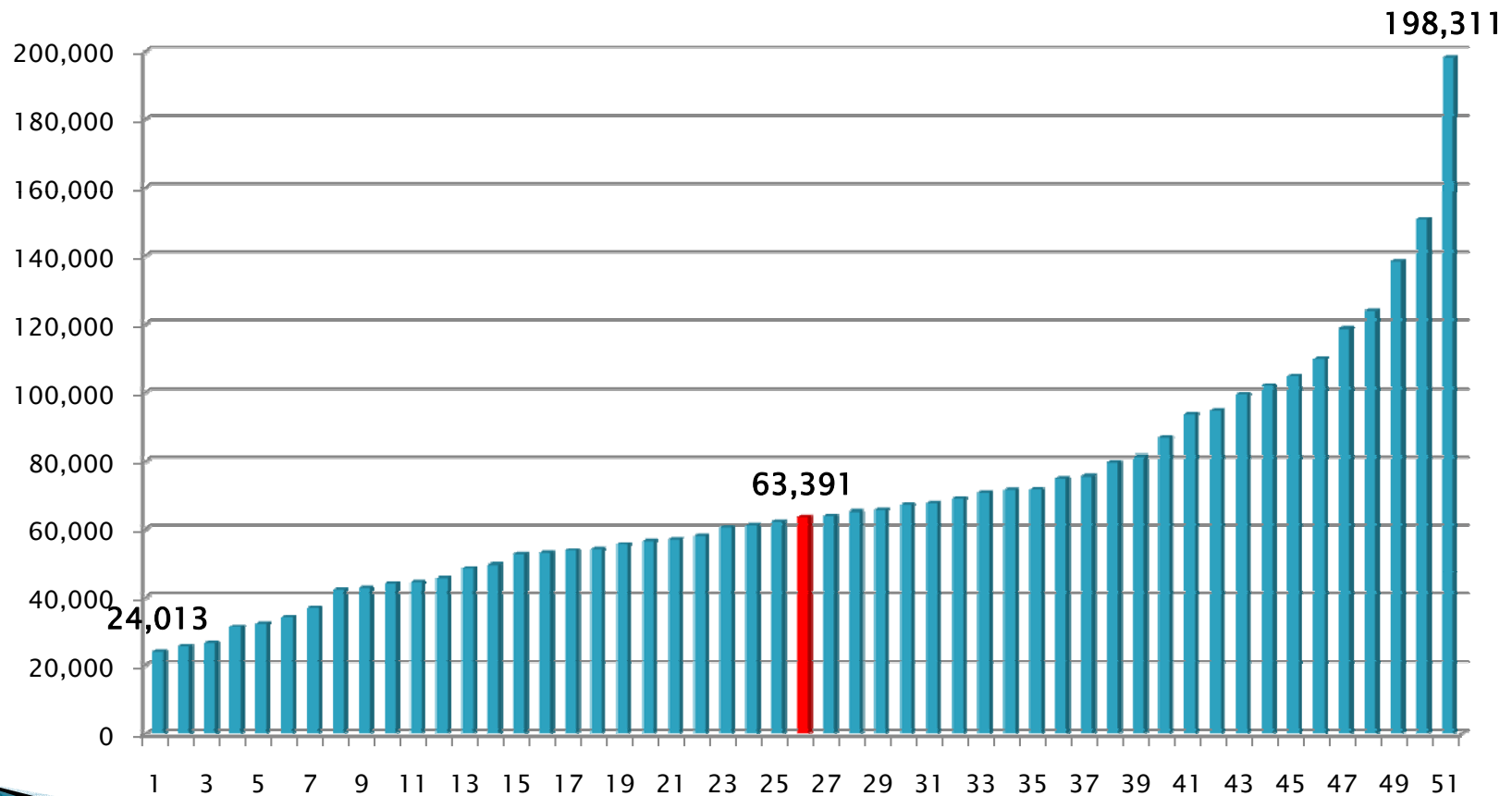
- ▶ Average weekly steps: 78,437
 - Exceeding the 10,000 steps challenge!
 - ▶ Average weekly mileage: 37 miles
-
- ▶ Average weekly steps (Phase 1): 69780
 - Exceeding the 10,000 steps challenge!
 - ▶ Average weekly mileage: 33 miles

-
- ▶ Average Phase 2 steps: 313,748
 - ▶ Average Phase 2 miles: 148 miles
-
- ▶ Average Phase 1 steps: 279,120
 - ▶ Average Phase 1 miles: 132 miles



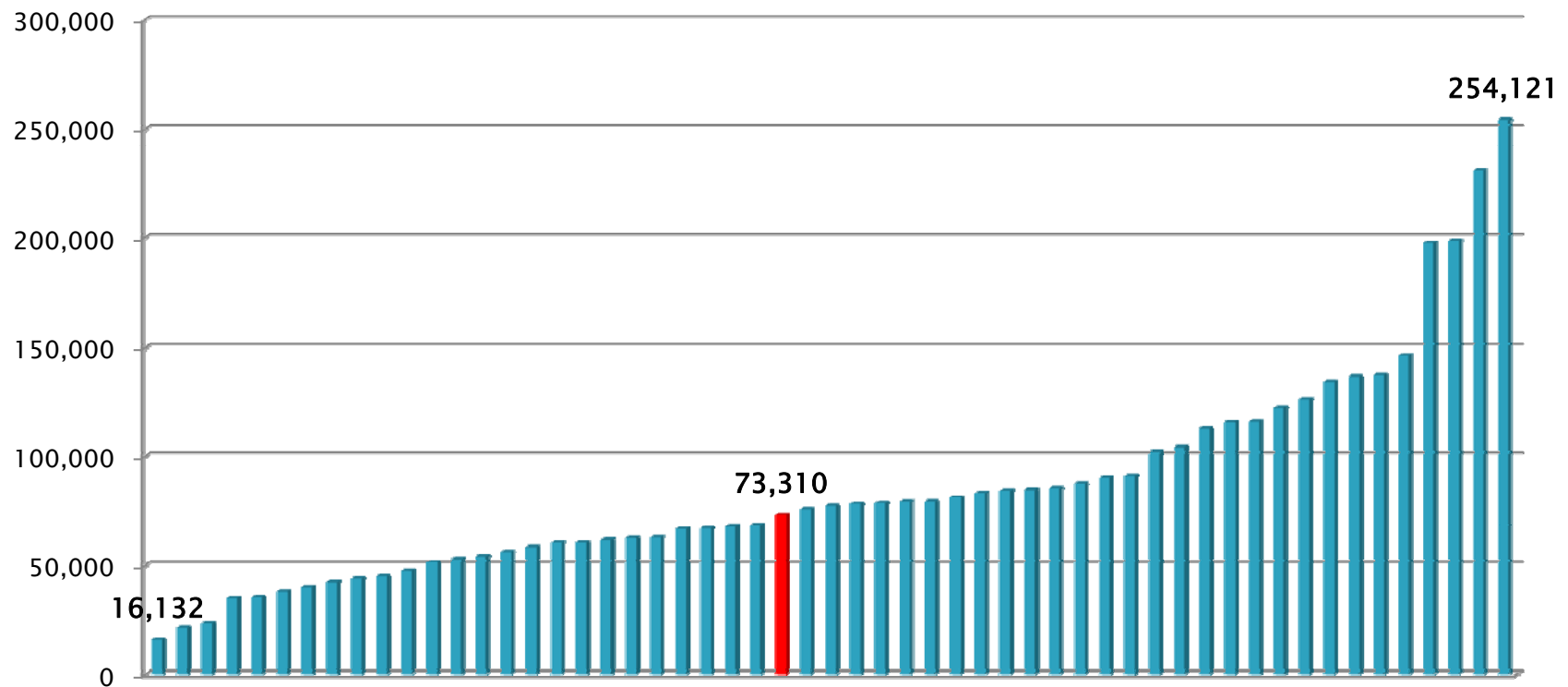
Program Achievements (Phase 1)

Weekly Goal/Average



Program Achievements (Phase 2)

P2 – Weekly Goal/Average

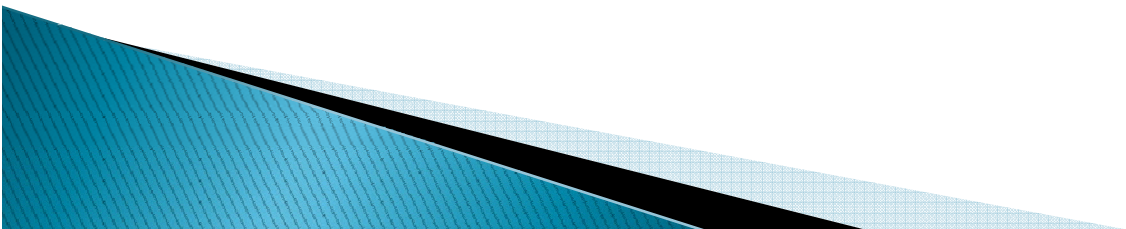


Program Achievements

- ▶ **Total Steps Phase 1:**
(March 22 – March 15)

14,235,170

- ▶ De Anza: 7,109,936
- ▶ Foothill/CS: 7,125,234

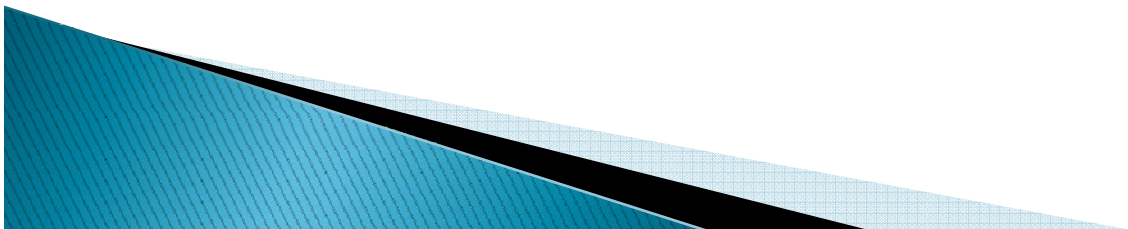


Program Achievements

- ▶ **Total Steps Phase 2:**
(April 16 – May 15)

18,824,897

- ▶ De Anza: 8,897,533
- ▶ Foothill/CS: 9,927,364



18,824,897 Steps!

- ▶ 8,904 miles!
- ▶ 178,080 minutes
- ▶ 2,968 hours
- ▶ Distance from San Jose to:
 - New York (times 6!)
 - Mexico City (times 4!)
 - Las Vegas (round-trip) ... 12 times!

Approximately 3/8th of the distance around the world!



Congratulations Walkers!

Dawn Allshouse

Gina Bailey

Bill Baldwin

Marilyn Booye

Kristine Bricmont

Maria Castillo

Melodie Cheney

Corinne Cleaveland

Diana Cohn

Sheila Coyne

Manny Da Silva

Kirsi Engels

Valerie Fong

Stehanie Franco

Nicky Gonzalez Yuen

Lily Greene

Naoka Harada

Susan Ho

Carol "CJ" Jones

Cindi Kessler

Lisa Kirk

John Ming Kong

Yuk Bing Kong

Linda Koyama

Jackie Kritzer

Janice Lee

Debra Lew

Drake Lewis

Jenny Liang



Congratulations Walkers!

Mary-Jo Lomax
Ly Luu
Christine Mangiameli
David Marasco
Lisa Markus
Kelly Masegian
Patience McHenry
Sherri Mines
Kathleen Moberg
Mike Murphy
Elvia Navarro
Irene Niazov
Fay O'Keefe
Terry Rowe

Marge Sainten
Carol Skoog
Judy Ting
Ni To
Lan Trinh
Diane Uyeda
Sofia Varela
Terri Vijeh
Karen Villalba
Christine Vo
Mona Voss
Sue Wang
Myisha Washington
Marilyn Williams

