

Health and Human Performance's 10,000 Steps®@Work program offers a new approach to employee health and wellness. The 10,000 Steps® concept breaks through the barriers normally associated with inactivity such as lack of time, low motivation, and the 'not the sporty type' employee. The 10,000 Steps® Around NZ Team Challenge provides the opportunity for friendly inter-department rivalry, but more importantly provides social support and encouragement for colleagues to improve their personal health.

The 10,000 Steps®@Work program is usually implemented for 12 weeks in your worksite. Lifestyle assessments can be provided for each employee prior to and following the program. In teams (5-10 employees), participants compete in a virtual walk around New Zealand (Around NZ Challenge). Simultaneously, each participant works towards an individual goal of accumulating one million steps (Million Steps Challenge).

## A Summary of Key Results from the 10,000 Steps @Work Program in 2005.

Complete reports are available on request with the permission of our clients.

**Overwhelmingly the programs were rated highly with the large majority of individual participants reporting that they now feel more positive about their employer/workplace as a result of the program.**

- ↪ The large majority of participants reported that the program was fun and motivational.
- ↪ Many people found it was a good talking point.
- ↪ People started walking more with others and set physical activity goals outside of the program.
- ↪ Many participants now have a better awareness of physical activity opportunities and realise how easy it is to incorporate into their lives.
- ↪ The Around NZ Challenge improved team cohesion, whereas the Million Steps Challenge was a good personal motivator.

"A lot of other people were in it too – it created a sense of team spirit and I got to know more people at the Council."

"Definitely good for mental wellbeing... has gone really far in reducing stress"

"Absolutely brilliant – best motivating thing I have done for years – very educational knowing what I need to now do daily".

"Working as a team with other members of the division has made us a stronger work group."

### Key findings:

- ↪ Mean body weight of participants reduced by 3.9 kg
- ↪ Waist and hip girths decreased by an average of 2.4 cm (2.6%) and 3 cm (2.9%) respectively.
- ↪ Physical activity levels improved by 37%.
- ↪ On average, 1/3 of employees who were smokers had given up and maintained that behaviour by the end of the 12-week program.
- ↪ Using a validated stress assessment employee stress levels reduced by an average of 12.7%.
- ↪ Absenteeism reduced from an average of 7.75 hours per employee to 2.7 hours for those employees involved in the 10,000 Steps @Work Program

"My mental stamina increased ten fold. Nice to get to the end of the day and still be awake".

"Good – Great team motivational activity."

"Feeling healthier and more positive, have loads more energy!"

"Improved communication across divisions and between people you could not otherwise deal with".

"I discovered what I could achieve, I succeeded!"

"The best thing I have done for myself, could not recommend it highly enough!"

"A lot of fun and a great supportive way to get moving"