

# Program Results

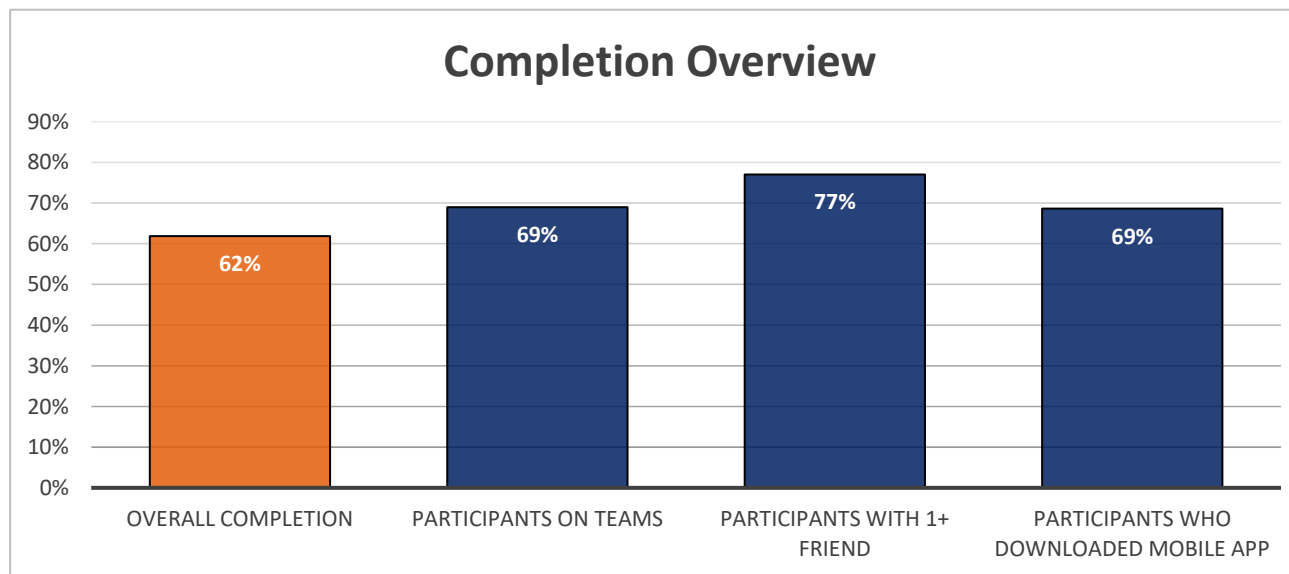


Logging: **March 8 - May 2, 2021**

Total registered participants: **2556**  
Total completed evaluations: **749**  
Evaluation completion percentage\*: **29%**  
Mobile app participants: **1357**

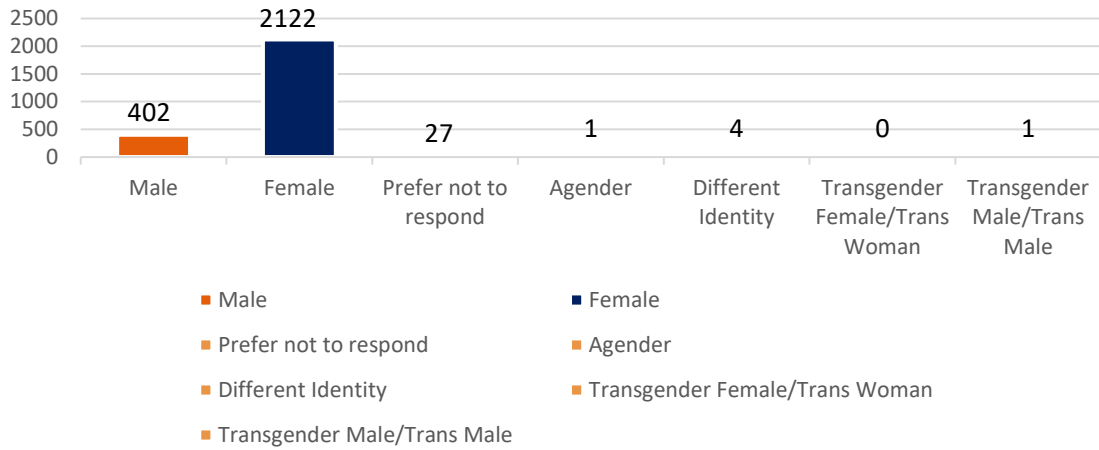
**Health Behaviors Logged:**  
Physical Activity

\*The following data is based on participants who completed the *WashU Couch to 5K Challenge* End of Program evaluation.

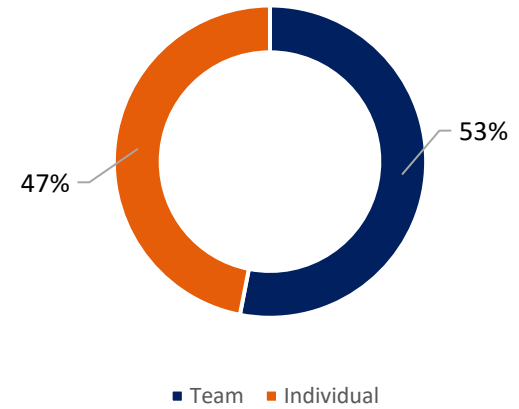


*Completion rates are based on the number of participants who achieved the program goal of 120 points.*

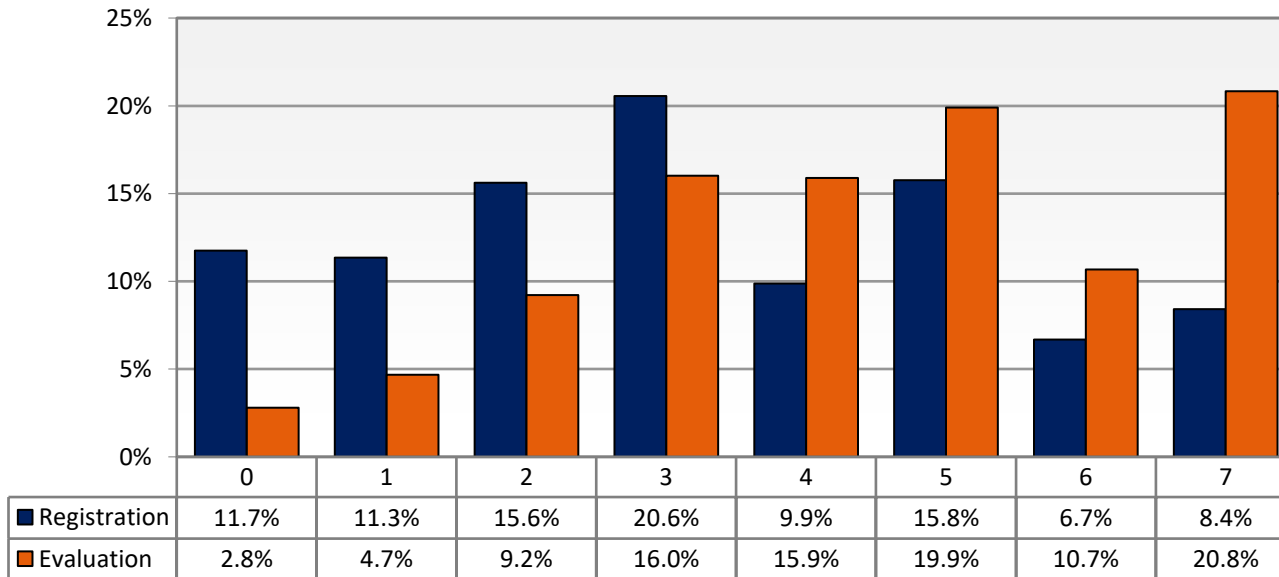
### Gender Ratio



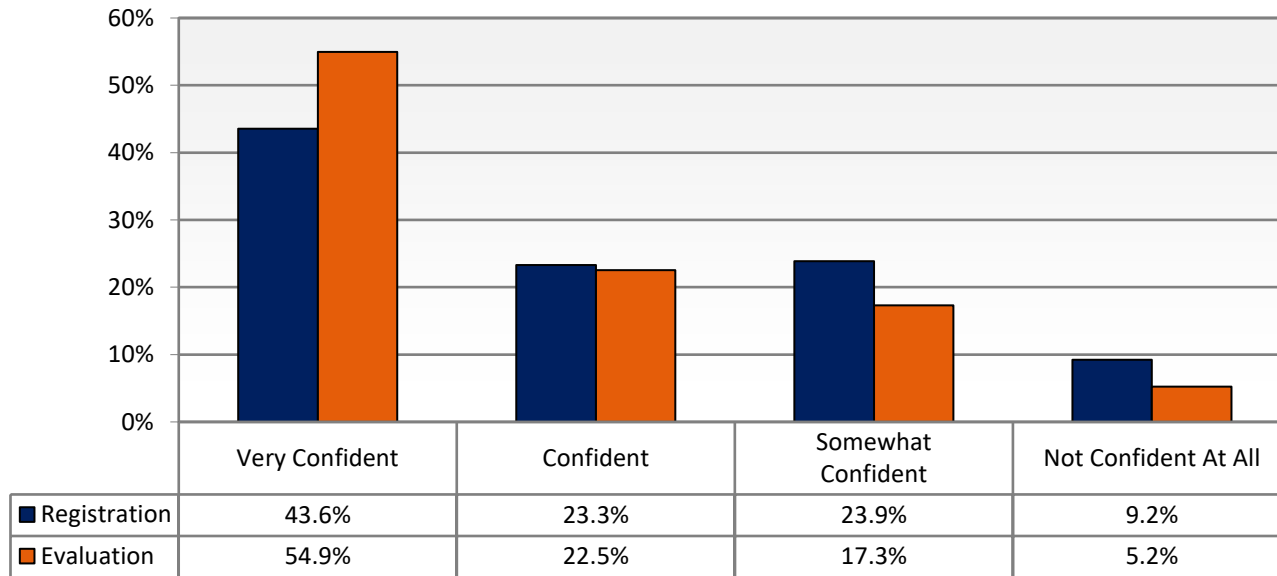
### Team/Individual Participation



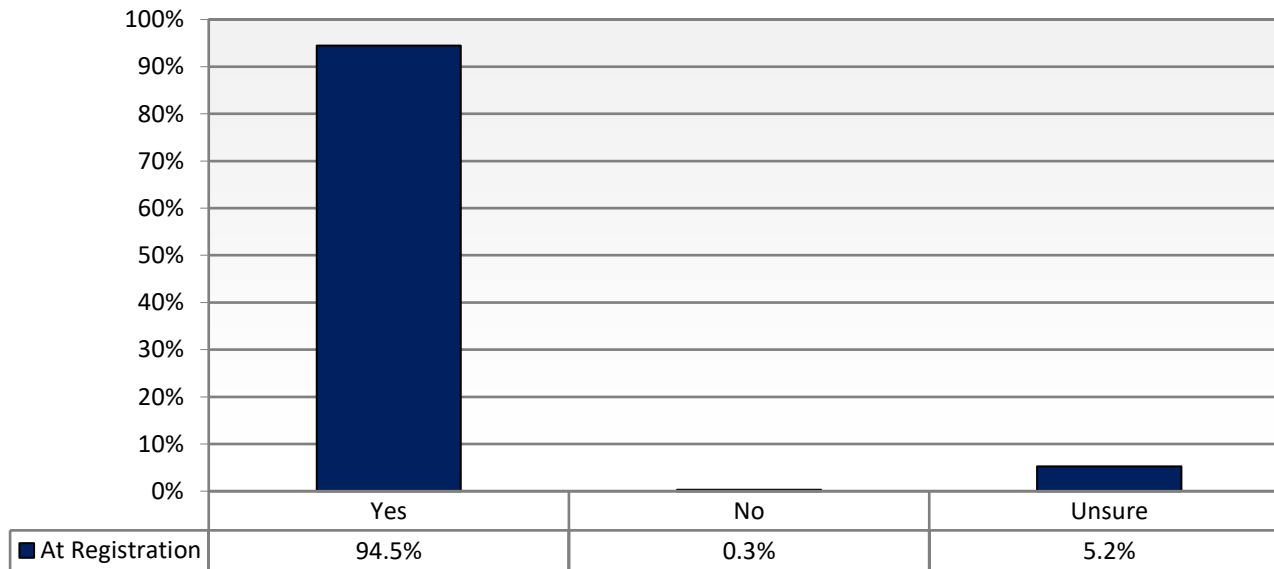
### Average number of days a week you are physically active:



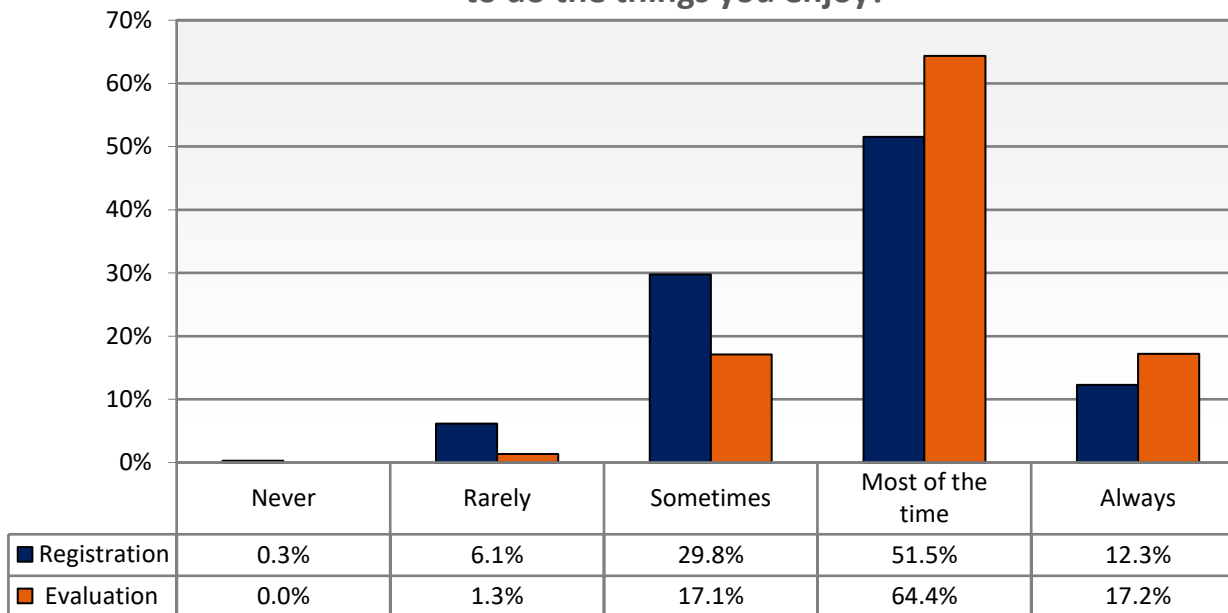
### How confident are you in walking or running a 5K distance:



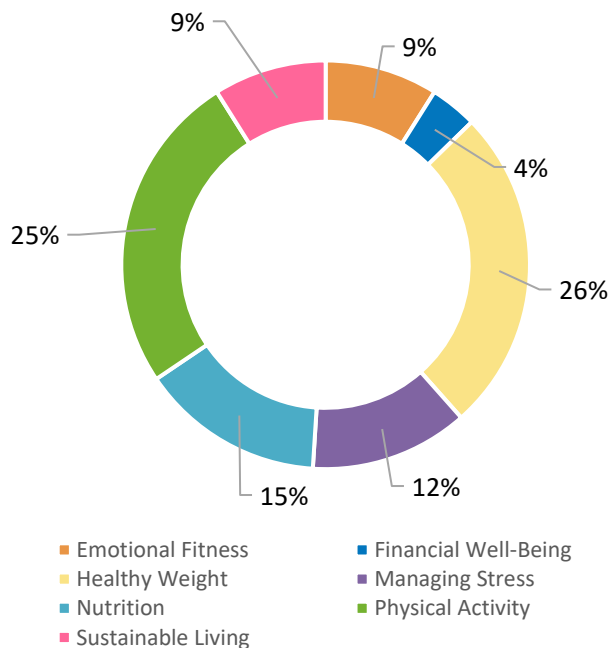
### Do you have a safe place to complete a walking/running program:



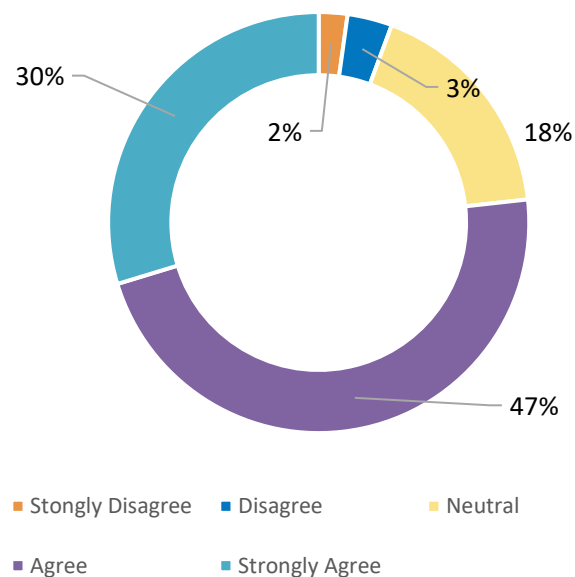
### In the last month, how often did you have enough energy to do the things you enjoy?



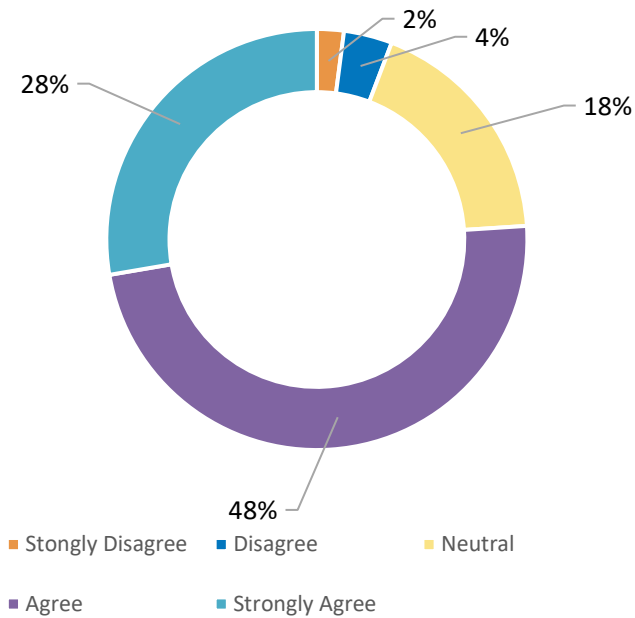
### Future Campaign Topics



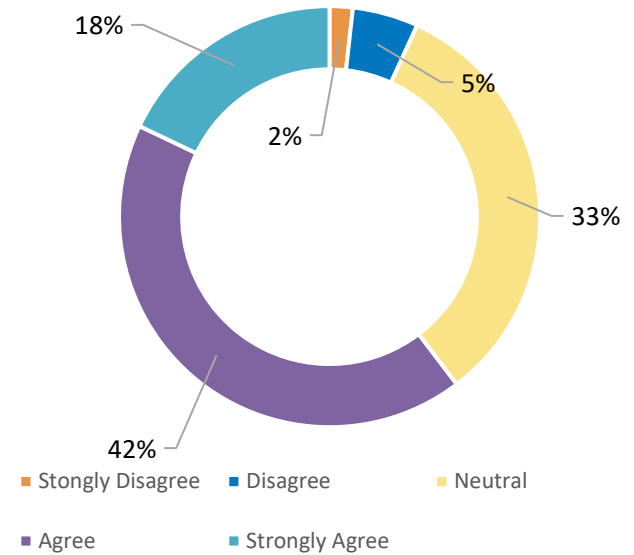
### How much do you agree the challenge has increased your awareness of the amount of time you spend sitting:



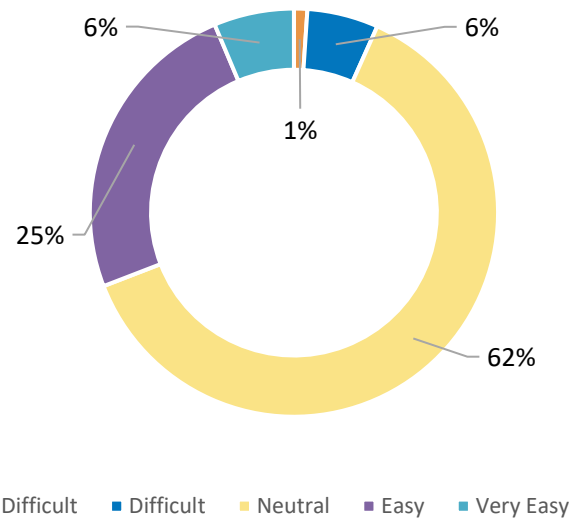
**How much do you agree the challenge has increased your daily activity level:**



**How much do you agree the challenge has increased your confidence in scheduling physical activity during your day?:**



**If you participated in the 5K training, how would you rate the level of difficulty for the daily exercise guidance:**





## What participants liked most:

"Very structured and engaging. Liked the personal accountability with daily challenges/ goals."

"I like the setup of the app and how easy it is to use."

"Recording activity and chatting with my team, and the daily tips and recipes."

"It provided something to look forward to in my email inbox! I really enjoyed exploring the recipes and updates as they came in."

"I like the awareness it brought to me regarding the amount of time I sit and when I need to move."

"This program felt different from past ones since it involved the extra challenge of working up to a 5K, which I thought was cool."

"It encouraged me to be active, and pay more attention to how I am taking care of myself."

"The trivia and challenges were great. I also liked the try it Tuesdays. Great exercises for someone who sits in front of a computer all day."

"The comradery it brings to our department, the trivia, and the motivation to get stepping!"

"Accountability to myself and my team. I also LOVE the daily recipes and tips. I actually looked forward to seeing those daily suggestions and would love to receive something like that either daily/weekly interspersed with my work emails year-round to keep me motivated and inspired."

"Going from full time to part time work - it helped me get through the day in a positive way."

"I liked how it brought together a lot of folks with health in mind. I really liked the selfie/photo sharing. It was so great to see what everyone else is doing."

"It really gives me incentive & encouragement to move more each day than I normally do. I love these programs - please keep doing them!!!"

"My teenage daughter became invested in encouraging me to get away from the computer to walk with her."

"The community involvement and the fact that it was made more competitive with the points system for steps per day."

"I really liked the challenge topics. I appreciate the physical fitness but was happy to see other topics that also effect our well-being. I actually wish we could always do these long term walking/running challenges. Just keep'em going!"



## Success Stories:

"During covid2020 i gained alot of weight i used to work out 4 times a week prior to this and my gym closed so i lost motivation completely I am started to gain it back I joined a group exercise class during this challenge and it has helped. However I just had surgery at the end I have 2 weeks of recovery and going back to the group exercise class after i am healed and getting right back on that horse =)" *Elizabeth Eultgen*

"During the Couch to 5K challenge, I was able to lose >50lbs and increased my activity from ~10,000 steps a day to about 20,000 on average. I now routinely run 10K ~5 times a week, I cycle more and have a much better attitude towards life. Even my work productivieity has increased." *Clifford Luke*

"I am a very active person without this program. I run marathons, canoe/backpack on the weekend, lift weights, and do yoga along with play sports. So the program really only offered me a community to be active with and the trivia was fun and also a bit of a tune up! I do like some of the daily tasks too! I really like it, I also like that it's capped at 10,000 steps so that the very active people don't just blow past the other people." *Brett Seymoure*

"I love the WashU Count to 5K Challenge. The challenge motivated me to move and got me ready for fun summer activities. I saw a difference in my stamina. I can garden longer, paddle my kayak stronger, and take longer hikes. I have a great energetic start to the spring." *Maureen Kleekamp*

"I started using the Couch 2 5K mobile app before this challenge came around as a way to increase my fitness and loose some weight. The added group/employee support and engagement helped me to stay focused on my daily activities and be more cognizant of scheduling my daily workouts. I did not miss a work out during the WashU Couch to 5K program and for me that is a major achievement. In the past a major difficulty in maintaining a consistent exercise regiment was getting derailed by daily life and just saying I'll do it tomorrow. This program helped me to focus and be mindful of reaching my daily goal. I have been working toward a goal of loosing 50lbs worth of weight/Fat from January 1st - June 1st and couch to 5k's accountability pushed me to watch my daily habits and adjust as necessary to meet my goals. As of today I've lost 49 lbs and 21 lbs during the Couch to 5K period. I couldn't be happier! Thanks to the Wellness Champions in the Oncology Division(Atiqua B & Cheryl L) for keeping us all engaged with weekly emails and group updates!" *Matthew Luecke*

"It inspired me to push my two children in a double stroller on runs so we get exercise and they see the value of being outdoors. Special family moments while understanding the importance of exercise." *Michael Seper*

"My daughter has been exercising as a release from stress and anxiety. Seeing her being so active has encouraged me to do the same. It has been fun to workout, go for walks and enjoy life with her and the rest of the family." *Ruth Gill*

"Walking in my neighborhood and just in the community as a whole has allowed me to meet and greet so many people that I wouldn't have otherwise! I don't know all their names but their smiling faces, their waves and random chit-chat helped me stay connected to actual people in a way that Zoom Meetings just couldn't. I can't say how much I LOVE working from home but I do miss having co-workers to talk about life with. The 5-K challenge held me accountable to get out there and get the exercise I needed but also to talk about my kids, my love-life and what I watched on TV last night. I'm so glad we had this challenge!!!" *Anysa Rieder*