
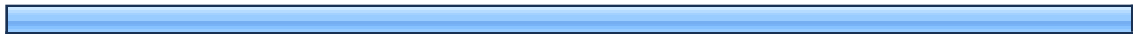







Sit Less Move More Post Program Survey









1. Are you male or female?

		Response Percent	Response Count
Male		1.7%	1
Female		98.3%	57
		answered question	58
		skipped question	0



2. Prior to the Challenge did you calculate how much time you spend sitting in a day (total for the day)? If so, what was the total time you spend sitting?

		Response Percent	Response Count
Less than 2 hours a day		7.4%	4
3-5 hours a day		31.5%	17
6-8 hours a day		29.6%	16
7-10 hours a day		24.1%	13
More than 10 hours a day		7.4%	4
		answered question	54
		skipped question	4


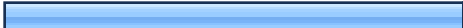
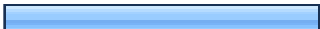
3. How much time do you estimate that you spend sitting while at work during the day (total time sitting for the day while at work)?

		Response Percent	Response Count
0-60 minutes		7.0%	4
1-2 hours a day		19.3%	11
2-4 hours a day		36.8%	21
4-6 hours a day		17.5%	10
6-8 hours a day		17.5%	10
More than 8 hours a day		1.8%	1
answered question			57
skipped question			1





4. Did participating in this challenge make you more aware of how much time you spend sitting in a day?

		Response Percent	Response Count
Yes		94.8%	55
No		5.2%	3
answered question			58
skipped question			0



5. As a result of participating in this challenge how much do you estimate you cut down on sitting time in a day?

		Response Percent	Response Count
Cut down sitting by 5% (if you estimate you sit 6 hours a day this would equate to sitting about 17 minutes less in a day)		32.7%	18
Cut down sitting by 10% (if you estimate you sit 6 hours a day this would equate to sitting about 36 minutes less in a day)		40.0%	22
Cut down sitting by 15% (if you estimate you sit 6 hours a day this would equate to sitting about 53 minutes less throughout the day)		27.3%	15
		answered question	55
		skipped question	3

6. As a result of MOVING MORE did you notice any of the improvements listed below? Select ALL that apply.

		Response Percent	Response Count
I had more energy at the end of the day.		48.0%	24
I had less back pain at the end of the day.		28.0%	14
I was able to focus more throughout the day		42.0%	21
I was in a better mood throughout the day:-)		62.0%	31
		Other Benefits	13
answered question			50
skipped question			8

7. Do you think that as a result of participating in this challenge you will SIT LESS in a day?

		Response Percent	Response Count
Yes		94.8%	55
No		5.2%	3
answered question			58
skipped question			0

8. Share a few "pearls of wisdom" you learned by participating in this challenge

	Response Count
	34
answered question	34
skipped question	24

Q6. As a result of MOVING MORE did you notice any of the improvements listed below? Select ALL that apply.

1	Well, what I realized is that I do not really sit much...i am itinerant in my position and move around a whole lot most work days...this program did help me see that when i have an office day i can do things at my desk to move more...so, thanks!	May 20, 2013 10:01 AM
2	weight loss	May 20, 2013 7:48 AM
3	Made me think about what I was doing! If I sat to long I would get up and move!	May 17, 2013 2:25 PM
4	Helped feet from swelling.	May 17, 2013 2:21 PM
5	feel 100% better.	May 17, 2013 2:00 PM
6	i was less stiff over-all	May 17, 2013 1:45 PM
7	Was able to see the outside of other classrooms	May 17, 2013 1:41 PM
8	I don't have to watch TV and I can get more work done	May 17, 2013 1:10 PM
9	had more fun getting up more often	May 17, 2013 12:51 PM
10	I had no problem meeting my goal on my fuel band.	May 17, 2013 12:15 PM
11	weight :)	May 17, 2013 12:12 PM
12	I had more fun thinking about moving!	May 17, 2013 12:10 PM
13	I began walking after work.	May 17, 2013 12:09 PM

Q8. Share a few "pearls of wisdom" you learned by participating in this challenge

1	I realized it's not that difficult to stop sitting so much...even when taking classes or watching a play, I could stand up and listen just as well (or even better than sitting).	May 20, 2013 7:11 PM
2	There is always something on my to-do list; so why would I sit?	May 20, 2013 11:34 AM
3	In regard to number 7 i think on the days i work at my desk i will stand and move more rather than sit at the computer and slide on my chair to my files for example...in general i feel fortunate that my position enables me to move around a whole lot most work days.	May 20, 2013 10:01 AM
4	As a reminder it helped as I know that sitting isn't good for the body	May 20, 2013 9:36 AM
5	you CAN do it!	May 20, 2013 7:48 AM
6	Any movement not matter how long you do it is worth the end results.Bursts are an easy way to make sure you move.	May 20, 2013 7:47 AM
7	That little changes in habits can add up. Like choosing to use the restroom that is further from my office added 150 steps each time I got up.	May 20, 2013 7:14 AM
8	This didn't work for me, as it meant more tracking, and I should have known not to add that to my day. I sit for hours, doing Sp. Ed compliance paperwork, making my days last well past 6:00. I appreciated the info re. Sitting, and the very negative statistics. Keep up the good work!	May 17, 2013 9:17 PM
9	I had my students get up and "move" with me as part of our curriculum.	May 17, 2013 6:40 PM
10	My issue is with remembering to log the times I got up and moving. I'm up and down all day long and just didn't take the time to open the form and record it. Sorry.	May 17, 2013 2:04 PM
11	It brings things to the front of your mind so that you are more aware of what you are doing	May 17, 2013 2:03 PM
12	it makes me aware of how much time i sit... i will not sit any more!	May 17, 2013 2:00 PM
13	It's good to be aware of your body and it's movements at all time. It's also good to be reminded of healthy habits.	May 17, 2013 1:48 PM
14	It helps to be mindful of how long I am sitting otherwise I get caught up in what I'm doing and forget to MOVE!	May 17, 2013 1:47 PM
15	I learned that you shouldn't sit for more than 2 hour increments.	May 17, 2013 1:45 PM
16	This really did become a habit already. Thanks!	May 17, 2013 1:42 PM

Q8. Share a few "pearls of wisdom" you learned by participating in this challenge

17	It was fun to see what was going on in another part of the school where I don't normally walk or spend time.	May 17, 2013 1:41 PM
18	I am really surprised at how much this helped. I was more focused on my work and when I got home...I puttered all night. In fact, I only watched about an hour of TV total for the past 4 nights. I plan to keep this up for 30 days and go from there. Because of the extra energy I was able to get most of my vegetable garden planted and get some crafts done. I have had a blast.	May 17, 2013 1:18 PM
19	That simply standing up and stretching a few times each day feels really good!	May 17, 2013 1:13 PM
20	I did learn that there are too many commercials during the news and sitcoms. I would guess that is why they are called sitcoms. Come and sit a lot time. Just kidding!!!!	May 17, 2013 1:10 PM
21	You can be more productive with more breaks for movement. It gets oxygen and blood flowing to the brain	May 17, 2013 12:51 PM
22	Instead of using the copy machine in my office, I now walk down the hall every time (even for one copy) to the workroom where another copy machine is located. I have to do this a lot during the day but it feels good to get up and walk more.	May 17, 2013 12:50 PM
23	Helped me become more aware of the amount of sitting vs. active time.	May 17, 2013 12:48 PM
24	I want to bring in my big ball to use as a chair, that counts as sitting less doesn't it? I also cut out most grain based carbs at the same time so I feel better from that also.	May 17, 2013 12:35 PM
25	Getting up and moving around is good classroom management and good body management too.	May 17, 2013 12:35 PM
26	I was shocked by the statistics regarding "sitting disease". It made a huge impression on me and I immediately brought a balance ball to work to sit on at my desk, and also to use on my "burst of movement breaks". Thank you for bringing this to our attention. I find that I have a new-found, ever-present awareness of how much sitting I do at my desk all day. I plan to continue the challenge and break the habit of sitting for long periods of time.	May 17, 2013 12:29 PM
27	I noticed how much I am sitting and then up continually as a teacher. I am definitely sitting less this week. Thanks for the sitting wisdom.	May 17, 2013 12:25 PM
28	The less you sit, the more you enjoy the day!	May 17, 2013 12:18 PM
29	This challenge ensured that I took a break during my lunchtime rather than working through it so that I could get my ten bursts in. Also, my house is a lot cleaner :)	May 17, 2013 12:15 PM
30	Being more aware of activity and when I am sitting.... what this sitting "looks like".... by just adding in a bit of movement in	May 17, 2013 12:12 PM

Q8. Share a few "pearls of wisdom" you learned by participating in this challenge

	sitting made me aware that any movement is good movement.	
31	Its hard to get moving at first, but once you get started it becomes habit.	May 17, 2013 12:10 PM
32	Even when I am sitting, I am sitting on a wedge or ball!	May 17, 2013 12:10 PM
33	I never knew how detrimental sitting long periods in a day was to my overall health!!! I will move more so I have longer to enjoy retirement.	May 17, 2013 12:09 PM
34	Good program!	May 17, 2013 12:07 PM