

EVERETT SCHOOL EMPLOYEE BENEFIT TRUST

employee **wellness** program

*it begins with you*



# WALKTOBER™

National Walking Month



Location	Registered	% of staff	Total Staff
Port Gardner	7	100%	7
Transportation	14	88%	16
Monroe	34	62%	55
Sequoia	21	53%	40
Heatherwood	35	50%	70
Whittier	17	49%	35
Lowell	22	45%	49
Silver Lake	24	43%	56
Jackson	21	41%	51
Forest View	20	39%	51
Woodside	20	38%	52
View Ridge	17	36%	47
Gateway	22	35%	62
Community Resources Center	54	34%	160
Everett	42	31%	136
Madison	15	29%	51
Eisenhower	20	29%	70
Emerson	16	28%	57
Garfield	13	27%	48
Cedar Wood	11	25%	44
North	16	24%	68
Cascade	35	23%	149
Mill Creek	12	23%	53
Jefferson	12	22%	55
Evergreen	17	20%	85
Hawthorne	12	19%	63
Silver Firs	8	16%	49
Penny Creek	8	14%	59
HM Jackson	18	12%	147
Maintenance	1	2%	52
<b>Walktober Totals 2013</b>	<b>584</b>	<b>30%</b>	<b>1937</b>

# WALKTOBER™

## National Walking Month

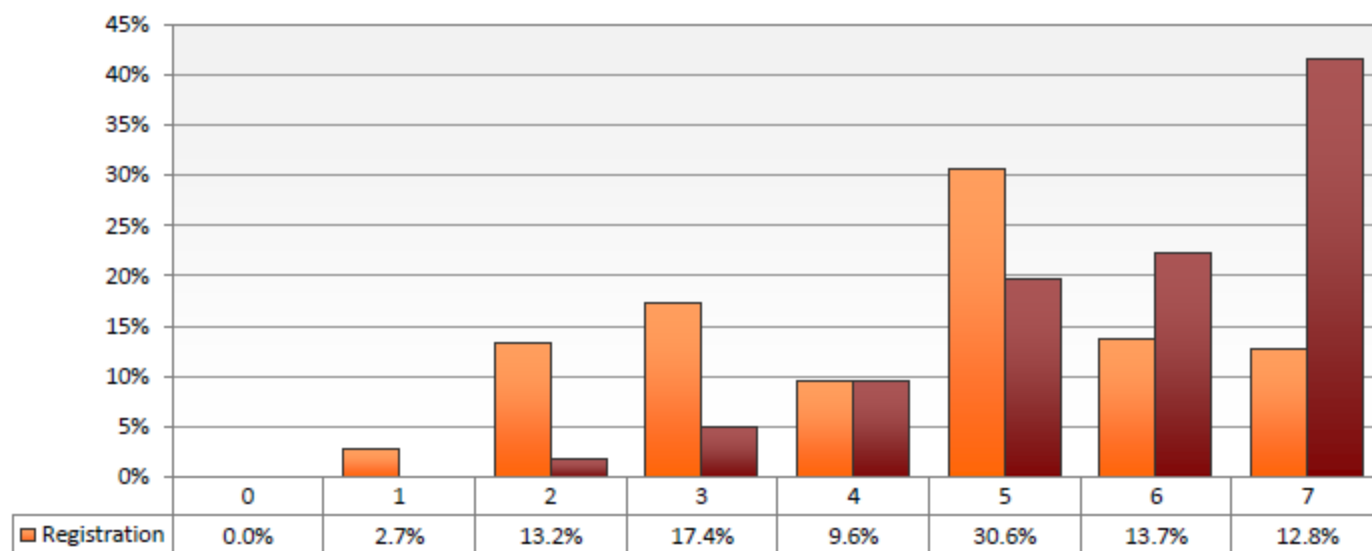


## Program Results

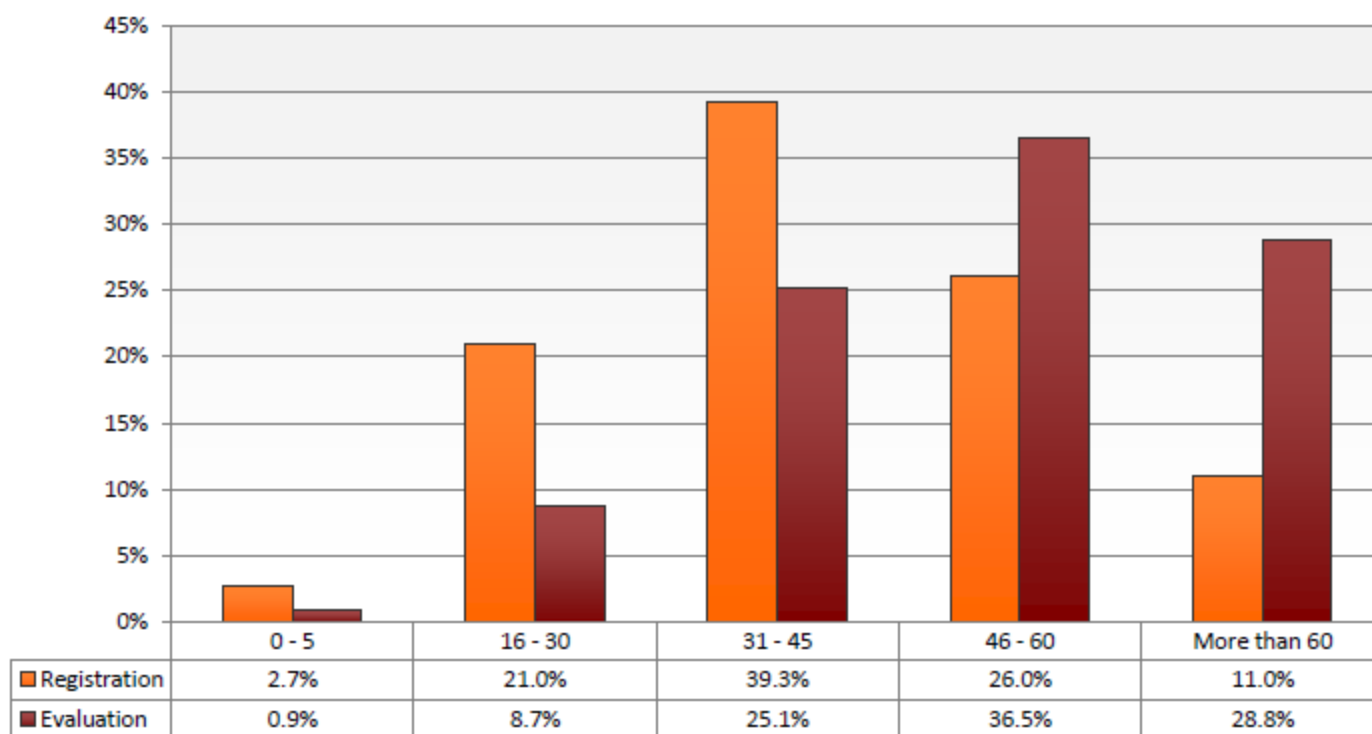
Total registered: 585  
Total completed evaluations: 219  
Completion percentage: 37%  
Mobile participants: 104

The following data is based on participants who completed the evaluation.

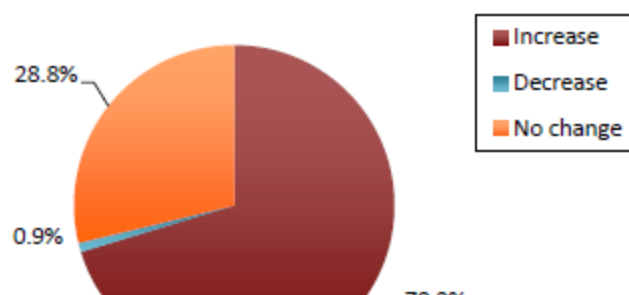
How many days a week are you physically active (on average)?



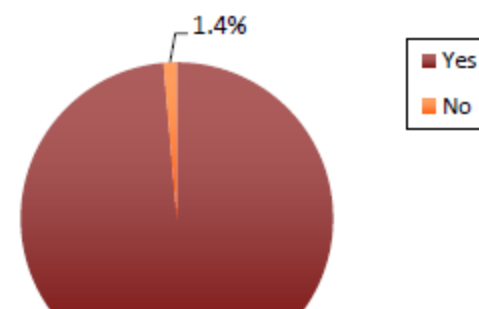
### How many minutes did you spend exercising on these days?



### Change in Physical Activity



### Participation Next Year



# Feedback

- It gave me something other than professional work to join and work with my colleagues, it was all about walking and being active!
- It forced me to work in exercise every day.
- I was motivated to exercise even when I didn't feel like it because I wanted to earn my leaf!
- Motivated me to walk each night knowing that other people were doing it. I also met up with others doing Walktober so I had walking buddies.

# Success Stories

- "Walking more has helped me to be more successful with my workout program. I feel better physically. It has helped to distress me. I would definitely recommend everyone do this. It is not that difficult. Dianne Hanson
- "Exercising every day keeps me energized. Walking is my favorite form of exercise. when I regularly exercise I stick to a healthy eating routine. I do less unhealthy snacking. The Walktober program was great. Karen Stolworthy
- "I have been walking over a year now. I've lost 60 pounds and feel really healthy. I am a grandma and wanted to get on the floor with my babies and play. Thanks for this program, it's fun!" Kathy Bogart
- "Walktober was a perfect program to train for my fourth 1/2 marathon on October 27th. I dropped 21 minutes and got my best time. Thank you Walktober. Thet Thet Win
- "I noticed an increase in my energy level, which made me feel positive an happy!" Torri McEntire

**Over 370 WALKTOBER participants (63%) earned T-shirts for logging 30 minutes or more of exercise 24/31 days in October. This was a RECORD!**

# *Walktober Wellness Champion*

Chris organized 3-4 Walktober teams and met with them to inform them of the program.

She sent encouraging emails to get everyone going.

She made a chart for students to see that exhibited the Wellness Team's walking steps to inspire students.





# Wellness Updates

- **Flu Vaccine Clinics:** Success. 575 (still an estimate) participated.
- **Wellness Challenge®:** 270 people actively logging in at this time. All NEW Wellness Challenge® 2014 begins January 6<sup>th</sup>. Next year? On to something new?
- **November EAT SMART-Maintain Don't Gain Campaign.** 154 registered.
- **Weight Watchers at Work:** Garfield and Silver Lake began early November. Collectively the groups have lost over 100 pounds already. January 2014 new meetings to begin at CRC and Forest View.
  - *Their leader says: "The members at Silverlake are "on fire"! No joke! They are simply amazing. Thirteen members joined for our 12 week session. We've had 4 meetings. They have lost a **TOTAL OF 56.8 pounds!** That represents 1.09/per member! They have created an email where they share ideas and recipes. They encourage each other during, and between meetings. They talk proudly of what they are accomplishing".*
- **CRC Wellness:** Wellness Wednesday-healthy pot luck and cookie contest. Free yoga/stretch classes. Fitness room to be ready to go January 2014! Lunch and Learns....and so much more😊.
- **Fitness Classes:** 10 classes at various district sites.