Physical activity helps our minds and bodies feel great! And a little bit throughout the day really goes a long way.

During the 4-week challenge, participants:

- Received e-mails with movement tips, exercises to try, and encouragement
- Experimented with adding short (1-15 minute) bouts of physical activity throughout the day
- Logged and tracked active minutes achieved

1,147 people participated, and 627 completed the challenge.

Results include only those who completed the 4-week challenge and evaluation questions.

TOTAL ACTIVE MINUTES ACHIEVED: 904, 692

<table>
<thead>
<tr>
<th>Week</th>
<th>Average Active Minutes Per Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>52</td>
</tr>
<tr>
<td>Week 2</td>
<td>54</td>
</tr>
<tr>
<td>Week 3</td>
<td>54</td>
</tr>
<tr>
<td>Week 4</td>
<td>55</td>
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</tbody>
</table>
Average Participant Energy Level (On a Scale of 1-10)

Week 1: 6.25
Week 2: 6.3
Week 3: 6.56
Week 4: 6.82

Did Movement Increase During the Challenge?

- Moved more than I usually do: 50%
- Moved about the same as I usually do: 48%
- Moved less than I usually do: 2%
RESOURCES

Workstation Movements (Week 1)
Opportunities to Move (Week 2)
Active Breaks (Week 3)
Community Resources (Week 4)

How to Make Healthy Changes (4-Part Series)

PRESENTED BY DR. VANESSA KERCHER, IU SCHOOL OF PUBLIC HEALTH

Part 1: Get Out of Your Own Way! Lead Your Wellbeing
Part 2: Physical Activity Plan: To Schedule or Not to Schedule?
Part 3: Behavior Change Setbacks: Why Is It So Hard?
Part 4: Make It Stick! Using Commitment Devices for Behavior Change

Did You Move More with Others During the Challenge?

- With family: 22%
- With friends: 5%
- With co-workers: 8%
- Just me: 65%