



# Feel Great IU!

Physical Activity and/or Weight Loss/Maintenance Challenge

## Summary Report

Unless otherwise noted, results include only those who completed the 12-week challenge and evaluation survey.

### TOTALS\*

Pounds Lost	8,059
Days of Resistance or Strength Activities	24,479
Days of Flexibility Activities	25,309
Days of Neuromotor/Functional Fitness Activities	21,853
Days of Cardio-respiratory Activities	41,535

\*Includes all who participated, whether or not they completed the Challenge

### PARTICIPATION

Total Participants	1,293
Weight Loss Challenge	258
Physical Activity Challenge	223
Both Weight Loss and Physical Activity Challenge	812

### WEIGHT LOSS BY PROGRAM

Program (number of participants)	Average weight loss per participant
Diabetes Prevention Program (4)	16.8 lbs
Weight Watchers at Work (152)	10.2 lbs
Weight Watchers vouchers (135)	9.2 lbs
Other (53)	7.3 lbs
Weight Talk (31)	5.8 lbs
No formal program (897)	4.0 lbs
Group Wellness Coaching (21)	3.1 lbs

The average weight loss for participants in the challenge who had *weight loss* as a goal was **6.8 lbs**. The average weight loss for participants who selected *maintenance* as a goal was **3.2 lbs**.

Of those who indicated a starting weight, **64%** in the weight loss challenge achieved at least 5% weight loss, and **25%** in the weight loss and physical activity challenge achieved at least 5% weight loss.

A **5%** reduction in weight leads to a **58%** reduction in risk. Each **2.2 lbs** of weight lost leads to approximately a cumulative **11%** reduction in risk. These programs effectively reduced the risk for IU employees.

### **EFFECT ON ENERGY AND STRESS**

	Weight Loss	Physical Activity	Both
Energy level increased	68%	73%	74%
Stress level decreased	37%	53%	48%

### **PERCENTAGE IMPROVEMENT IN MIND, BODY, AND SOCIAL SUPPORT RATINGS**

	Weight Loss	Physical Activity	Both
Mind	5%	7%	10%
Body	14%	11%	17%
Social Support	6%	7%	9%

**95%** of participants would recommend Feel Great IU to others.

Participants rated Indiana University's level of support of their personal health to be **7.86/10**.