

# CLIMB



## 2016 Results

### Overview

Climb IU is Indiana University's 3-week stair-climbing challenge. It's intended to encourage employees to **move more throughout the workday and be more sustainable.**

Participants track the number of flights they climb each day online. Participants have the option of creating/joining a team, or participating as an individual. Climb IU gives employees the opportunity to:

- **Stay active** during cold winter months (no gym required!)
- Work toward your holiday **"maintain don't gain"** weight goals
- **Bust stress and boost creativity** with stair-climbing microbreaks
- **Save energy** by taking the stairs instead of the elevator
- **Build camaraderie** by creating or joining a team, or **reach personal milestones** as an individual
- Most importantly, **HAVE FUN!**

### 2016 by the Numbers

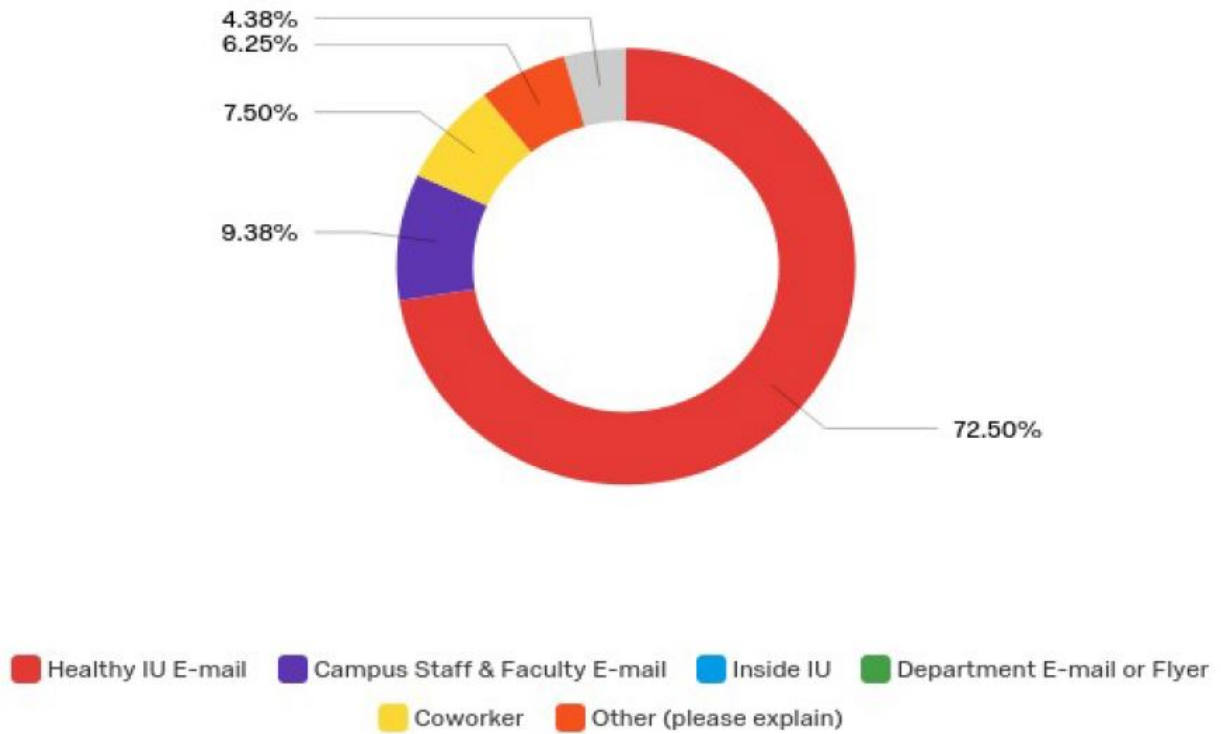
Total flights climbed: **256,988**

Total participants: **1,303**

- Participated on a team: **945**  
(Number of teams: **132**)
- Participated as an individual: **358**

# Climb IU Evaluation Survey

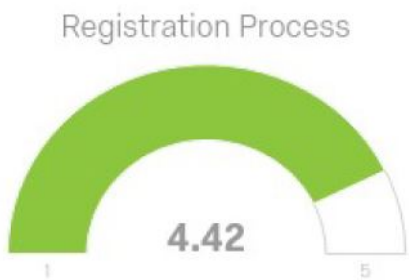
## How did you hear about Climb IU?



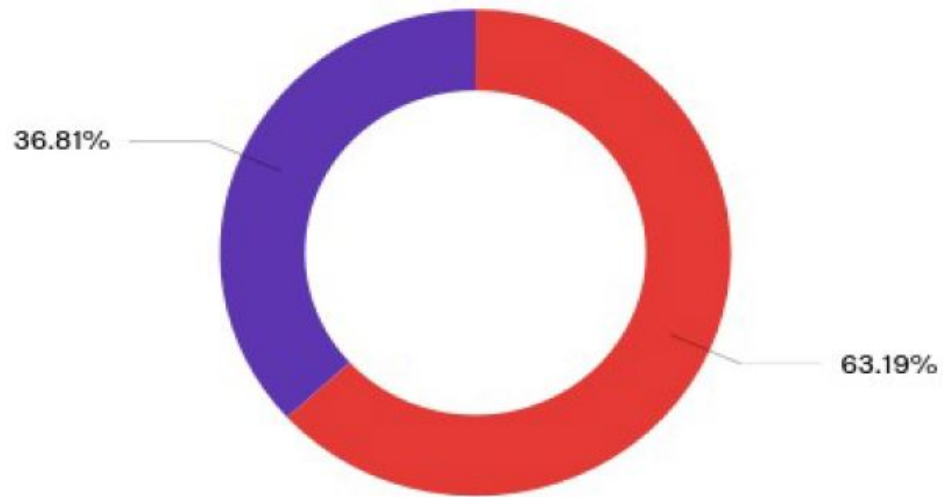
“Other” responses included:

- IUB/IUPUI Health and Benefits Fair
- Previous Participant E-mail

## Please rate the following regarding your Climb IU experience.

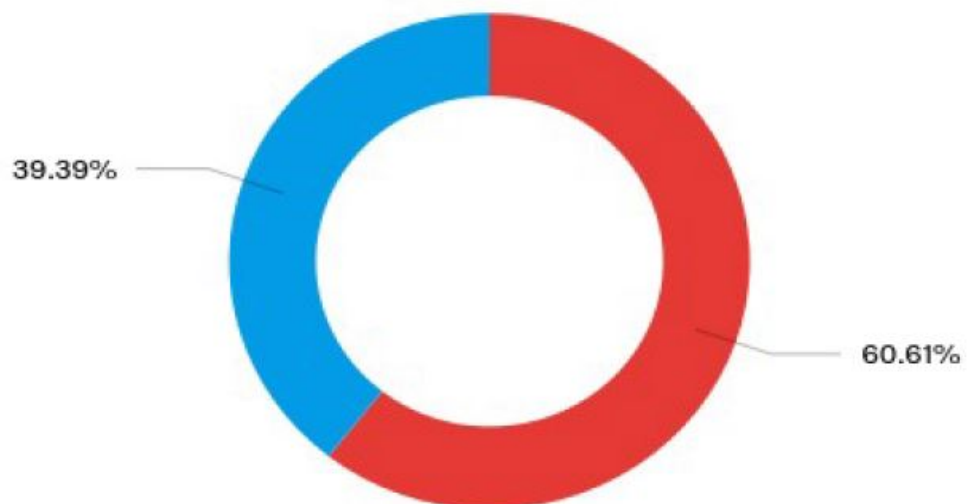


**During the Climb IU challenge I:**



■ Moved more than usual   ■ Moved about the same as I usually do   ■ Moved less than I usually do

**How did your team experience change the social dynamic of your work group?**



■ Improved social support   ■ Impaired social support   ■ No change in work social dynamic

**Please rate the stairwell in the building you climbed most often.**



**Optional Response: Please feel free to offer additional feedback about Climb IU.**

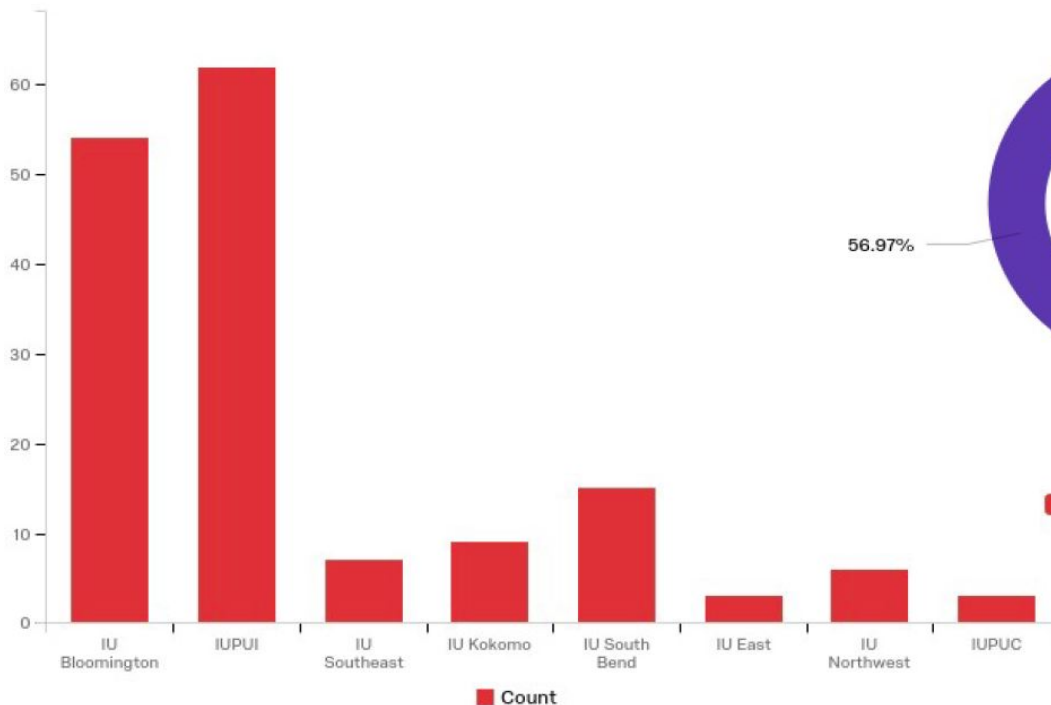
*Listed in order of most responses by topic.*

<b>Thanks</b>	Thanks for the opportunity, motivation, incentive, etc. (20 responses)
<b>Incentive</b>	<p>Enjoyed the socks as an incentive (3 responses)</p> <p>Need fresh incentives to help with motivation (2 responses)</p>
<b>Timeline</b>	<p>Climb IU should be offered more than once a year (5 responses)</p> <p>Wish the challenge was longer than 3 weeks (4 responses)</p> <p>Timing of the challenge didn't work for busy Nov-Dec schedules (4 responses)</p> <p>Timing of the challenge was good motivation during the colder weather (2 responses)</p>
<b>Tracker</b>	<p>The online tracker was clunky/confusing (5 responses)</p> <p>It was hard to remember to add flights online (2 responses)</p>

<b>Communications</b>	Need daily reminders, or at least more than weekly (3 responses)  Enjoyed the fun and uplifting reminder e-mails (1 response)
<b>Registration</b>	Team registration process was confusing or did not allow teammates to be as accountable as the team leader (3 responses)
<b>Rules</b>	Didn't like physical activity other than climbing stairs also counted (1 response)  Glad the challenge was only on weekdays this year (1 response)  Wish the challenge had included weekends this year (1 response)
<b>Stairs</b>	Concerned about a doorway in the stairs they use (1 response; <i>Healthy IU shared this with the appropriate CFS contact</i> )

## About the Evaluation Survey Respondents:

**On what campus do you work most of the time?**



**Did you participate as an individual or in a team?**

