



LIVE YOUR BEST YOU.

# Move More IU Challenge

## 2021 Report

### About the Challenge

Being physically active during the day helps our minds and bodies feel great! And a little bit (even just a couple minutes here and there throughout the day) really goes a long way.

Sign up for Move More IU to:

- Receive e-mails with daily movement tips, exercises to try, and encouragement
- Experiment with adding short (1-15 minute) bouts of physical activity throughout the day
- Log and track active minutes achieved or number of times moved

### Participants

**Total Participants:** 1626

#### Primary Campus Location

IU Bloomington	615
IU East	63
IU Fort Wayne	22
IU Kokomo	69
IU Northwest	31
IU South Bend	77
IU Southeast	166
IUPUC	7
IUPUI	572
Other	4

#### Affiliation

Community Member	18
IU Employee	1403
IU Student	109



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Spouse of an IU Employee	96
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**Participants Who Shared Registration Info with Coworkers: 35%**

**Participants Who Completed the Evaluation Survey: 729 (45% Challenge Completion Rate)**

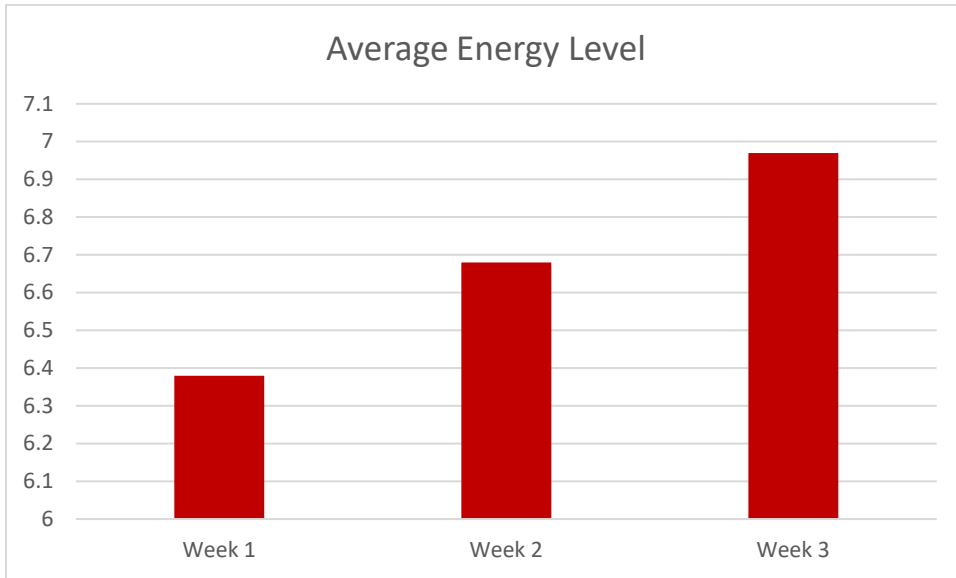
## **FRIENDLY Campus Participation Competition Results**

**Thank you to all those who participated, and congrats to IU Southeast!**

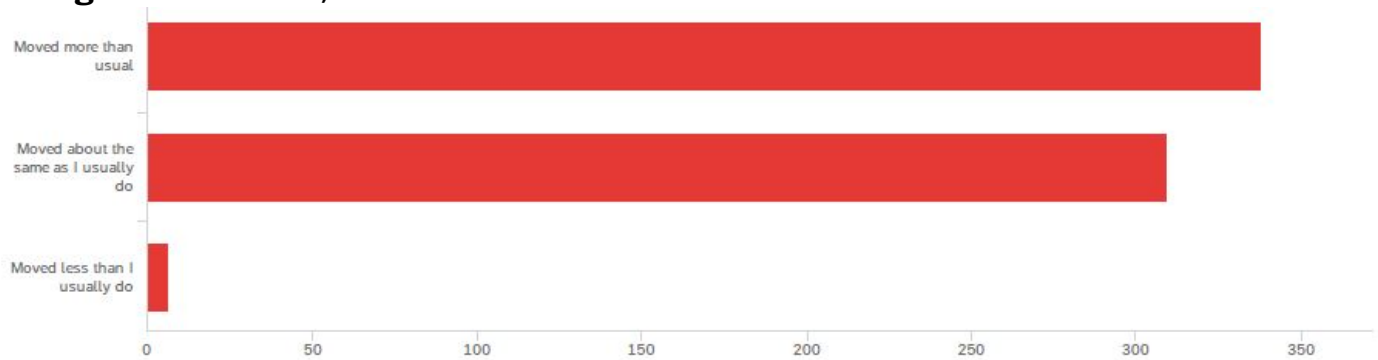
<b>Campus</b>	<b>Employee Number</b>	<b>Participants</b>	<b>Percentage of Employees Registered</b>
IU Southeast	901	153	16.98113
IU Fort Wayne	149	20	13.42282
IU Kokomo	565	67	11.85841
IU East	660	58	8.787879
IU South Bend	1014	71	7.001972
IUPUI	13122	512	3.901844
IU Bloomington	12615	484	3.836702
IU Northwest	800	28	3.5
IU Columbus	291	6	2.061856

## **Challenge Results**

**Participant Energy Level During Challenge**



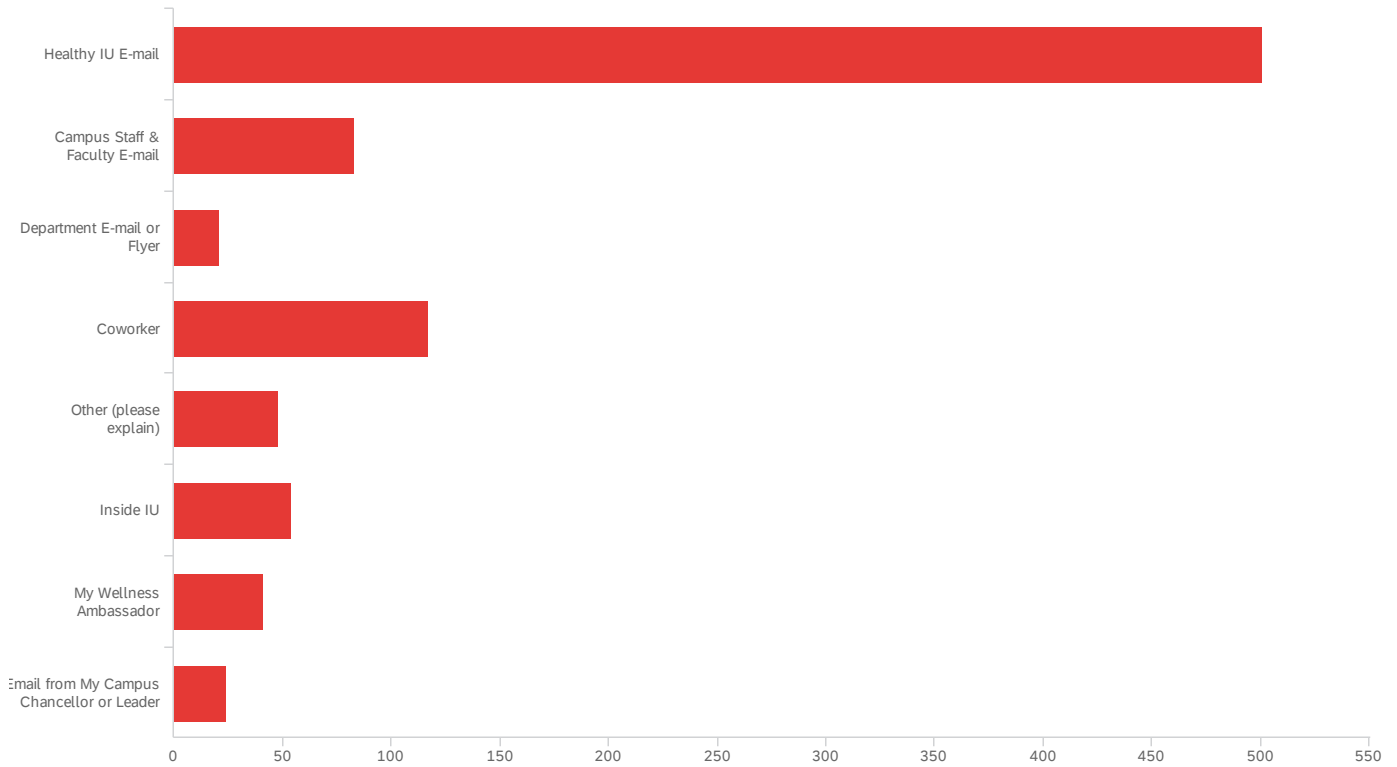
### During Move More IU, I:



#	Field	Choice Count
1	Moved more than usual	51.76% 338
2	Moved about the same as I usually do	47.32% 309
3	Moved less than I usually do	0.92% 6

# Evaluation Survey Results

Q32 - How did you hear about Move More IU? Please select all that apply.

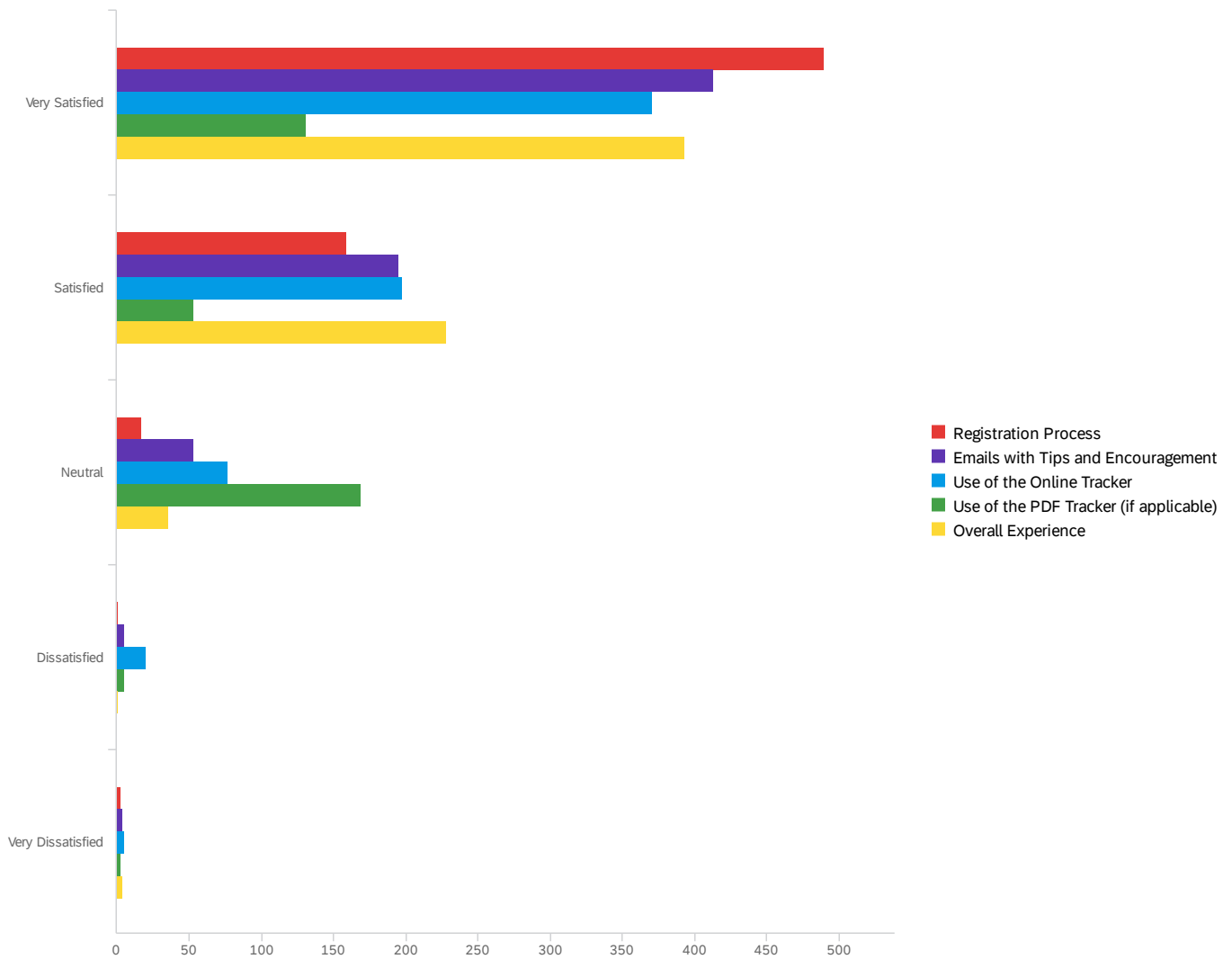


#	Field	Choice Count
1	Healthy IU E-mail	56.36% 501
2	Campus Staff & Faculty E-mail	9.34% 83
3	Department E-mail or Flyer	2.36% 21
4	Coworker	13.16% 117
5	Other (please explain)	5.40% 48
6	Inside IU	6.07% 54
10	My Wellness Ambassador	4.61% 41
11	Email from My Campus Chancellor or Leader	2.70% 24

889

Showing rows 1 - 9 of 9

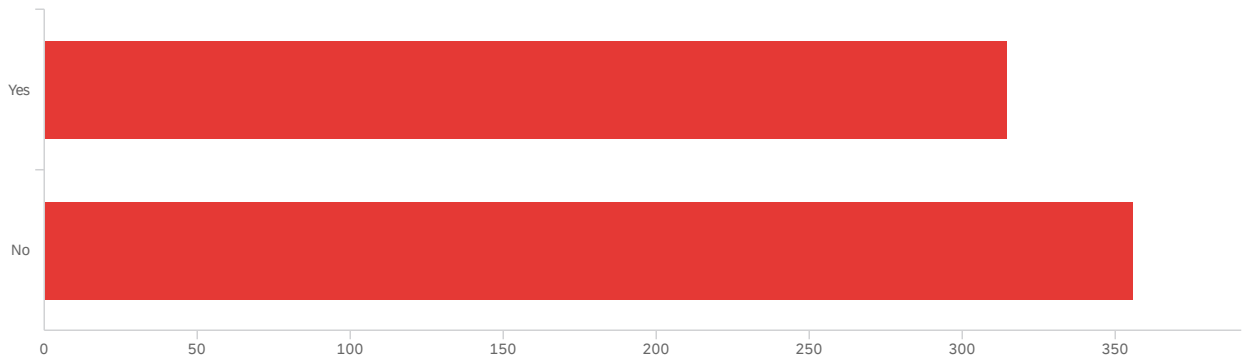
### Q33 - Please rate the following regarding your Move More IU experience.



#	Field	Very Satisfied	Satisfied	Neutral	Dissatisfied	Very Dissatisfied	Total
1	Registration Process	73.13% 490	23.73% 159	2.54% 17	0.15% 1	0.45% 3	670
2	Emails with Tips and Encouragement	61.64% 413	29.10% 195	7.91% 53	0.75% 5	0.60% 4	670
3	Use of the Online Tracker	55.29% 371	29.51% 198	11.48% 77	2.98% 20	0.75% 5	671
4	Use of the PDF Tracker (if applicable)	36.29% 131	14.68% 53	46.81% 169	1.39% 5	0.83% 3	361
5	Overall Experience	59.37% 393	34.44% 228	5.44% 36	0.15% 1	0.60% 4	662

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## Q32 - Did you participate in any Warm Up Weeks before the challenge started?



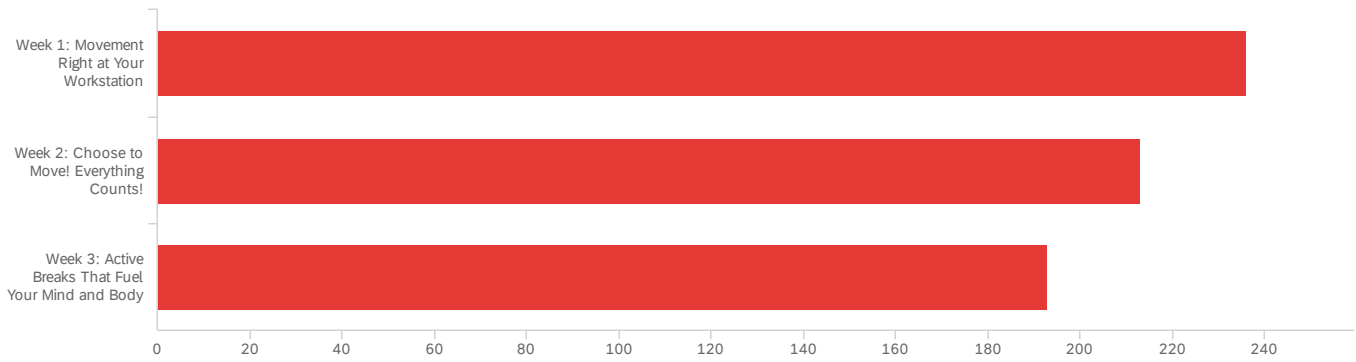
#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Did you participate in any Warm Up Weeks before the challenge started?	1.00	2.00	1.53	0.50	0.25	671

#	Field	Choice Count
1	Yes	46.94% 315
2	No	53.06% 356

671

Showing rows 1 - 3 of 3

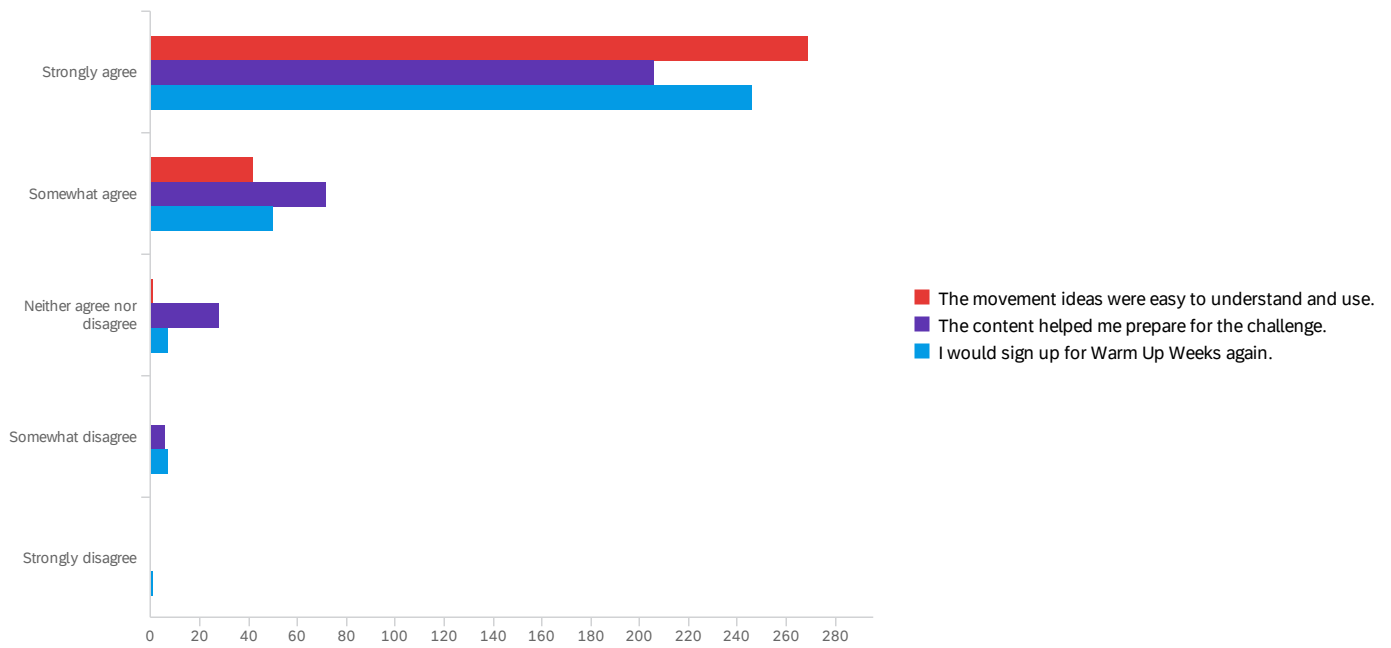
### Q34 - Which Warm Up Weeks did you participate in? (Select all that apply.)



#	Field	Choice Count
1	Week 1: Movement Right at Your Workstation	36.76% 236
2	Week 2: Choose to Move! Everything Counts!	33.18% 213
3	Week 3: Active Breaks That Fuel Your Mind and Body	30.06% 193
		642

Showing rows 1 - 4 of 4

### Q35 - Please rate the following regarding your Warm Up Weeks experience.



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	The movement ideas were easy to understand and use.	6.00	8.00	6.14	0.36	0.13	312
2	The content helped me prepare for the challenge.	6.00	9.00	6.47	0.74	0.54	312
3	I would sign up for Warm Up Weeks again.	6.00	10.00	6.29	0.65	0.42	311

#	Field	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree	Total
1	The movement ideas were easy to understand and use.	86.22% 269	13.46% 42	0.32% 1	0.00% 0	0.00% 0	312
2	The content helped me prepare for the challenge.	66.03% 206	23.08% 72	8.97% 28	1.92% 6	0.00% 0	312
3	I would sign up for Warm Up Weeks again.	79.10% 246	16.08% 50	2.25% 7	2.25% 7	0.32% 1	311

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