

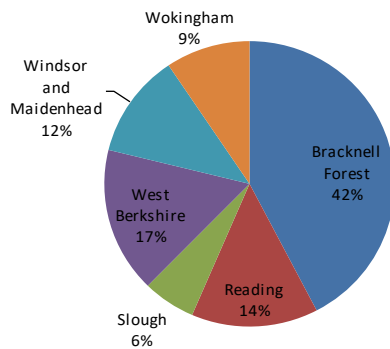
Workplace Challenge—Activity Log Challenge



5th January—1st March 2015

Workplaces

- 85 workplaces took part in Berkshire's Workplace Challenge, 4 fewer than 2014
- Bracknell Forest had the largest proportion of engaged workplaces (42%)

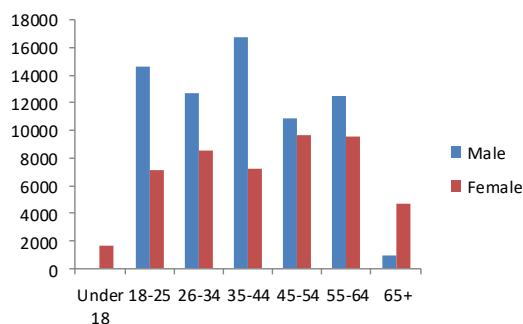


Participants

- 659 Berkshire employees were engaged during the 8 week Challenge, 58 more than 2014
- 124 were considered to be inactive at the beginning of the Challenge = 18.8% of the total number engaged
- 67% of engaged employees were female
- 30.5% of engaged employees were aged 45-54

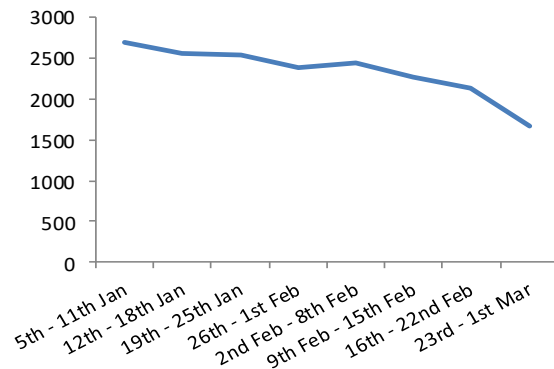
Points

- Average total number of points logged in any one day was just over 113,000, an increase of 24,000 from 2014
- 35-44 year olds achieved highest average points score for males, whilst 45-54 year olds were the highest for females
- In most age groups, males tended to have higher average scores in each age group than females



Activity Log

- There was a gradual decrease in the number of logs across the whole challenge
- Majority of activity logs took place on a Monday



Activities

- Berkshire's employees took part in over 80 different activities during the 8 week challenge, 10 more than 2014
- Walking was the most popular and was logged over 5000 times, 1000 more than 2014
- Significantly more individual sports than team sports were participated in
- Walking had the most activity logs at low and moderate intensities
- Running had the most activity logs at a heavy intensity

CO2 Saved

- 7 activities were logged as active travel
- Walking had the most active travel logs, followed by road cycling
- Road cycling saved 61.22% of the total CO2, 4% more than 2014
- Individuals from 62 workplaces logged activities as active travel, 5 times as many as 2014
- Average amount of CO2 saved by any individuals was 26.19kg per person, 10kg more than 2014

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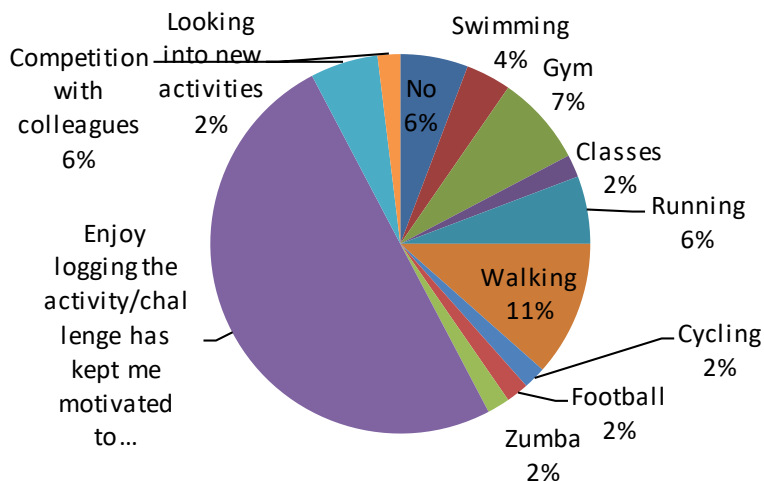
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Survey Responses

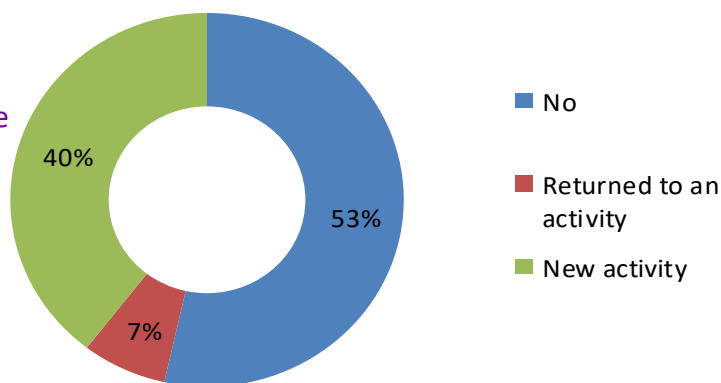
Question

Has the challenge inspired or encouraged you to change your sporting/physical activity habits? And if so, how?



Question

Have you tried anything new as a result of the Workplace Challenge?



Question

Has the Workplace Challenge had an impact on any other part of your work/non-work life that you would like to tell us about? For example, you're eating more fruit, you've lost weight, you sleep better, you feel happier, less stressed

