

# Case Western Reserve University Wellness

## 2019 Achievements

### Our Participants



Over **1,200** unique faculty/staff participated in a 2019 wellness program



**79.6%** of Keep America Active participants exercised 30 minutes/5x a week for 12 weeks



1,061 faculty/staff members earned a \$100 or \$200 program incentive



95% of books@work participants **would participate again**



360 faculty/staff members took part in a stress management series

### Our Programming



Achieved Healthy Ohio **gold award** for second consecutive year



Offered **61** different programs:

- Community
- Financial well-being
- Nutrition/weight management
- Physical activity
- Stress management
- Tobacco cessation and more



Had over **21,000** website hits and well over **2,000** Facebook reaches

Learn more about the CWRU wellness program at: [case.edu/wellness/facultystaff](https://case.edu/wellness/facultystaff)

