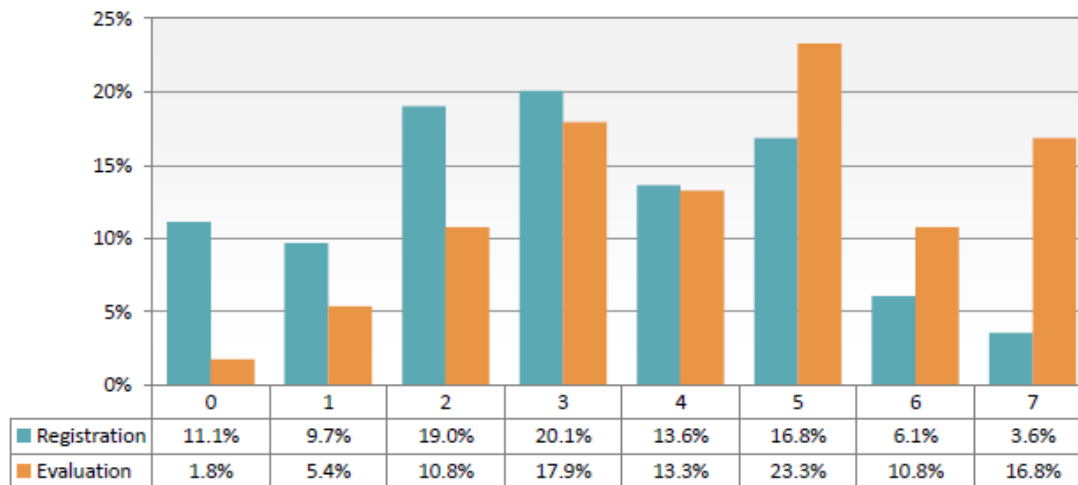


## Coast to Coast 2020

Almost 600 faculty and staff set out on a virtual road trip in January with Coast to Coast.

Over 12 weeks, they increased their activity, encouraged teammates, counted the number of days they ate a healthy breakfast, increased their expressions of gratitude and generally had a great time!

**Average number of days a week you are physically active:**



### What participants liked most:



"I liked that the "extra goals" (gratitude and breakfast) were pretty easily achievable. It is/was kind of ultimately ironic that gratitude was one of those goals, considering we have even more to be grateful for now, and/or maybe we just all need to be better about showing appreciation."

"I liked being part of a team and feeling supported by a community. I also really loved that participants were sent one recipe each day. It was great that the recipes were doable, meaning quick to prepare but healthy to eat."

I liked seeing new places each day, and Thrive Thursdays were a great way to bond with my team!

"It made me stop and look at my steps and gratitude daily! Found our Summer vacation plans thanks to the Road map! I did not know the US had so many national park areas."

"It wasn't a repeat of last year's program! I loved the different sites across the southern US this time."

"It helped keep me motivated to exercise every day! Especially after the pandemic hit and most of us started working from home."

"During the pandemic, when I couldn't do my regular routine, the program kept me going with regular exercise."

### Success Stories:



"As a new employee to CWRU, the *Coast to Coast* challenge allowed for me to engage in with colleagues and forge relationships across campus. The friendly competition provided a fantastic incentive to remain active during the winter months and allowed for some friendly banter too. The challenge ultimately pushed me to invest in my own physical and mental well being and it was fun to monitor my progress while having the support and accountability from my team. Go Team High Anxiety!" *Alexander Weingart*

"I started out pretty slow and incorporated more walking into my daily routine. Then, as I started to see positive results in the number of steps I was getting in each day and the fact that I was increasing my stamina I was really pumped to keep going. The last month and a half of the *Coast to Coast* program has come at a time when we all had to stay at home due to the Covid-19 pandemic. This was a great way to stay connected with the CWRU community and see how some of my colleagues were doing. I think feeling healthy and seeing noticeable changes in my physical being made it easier to deal with the crisis." *Participant*