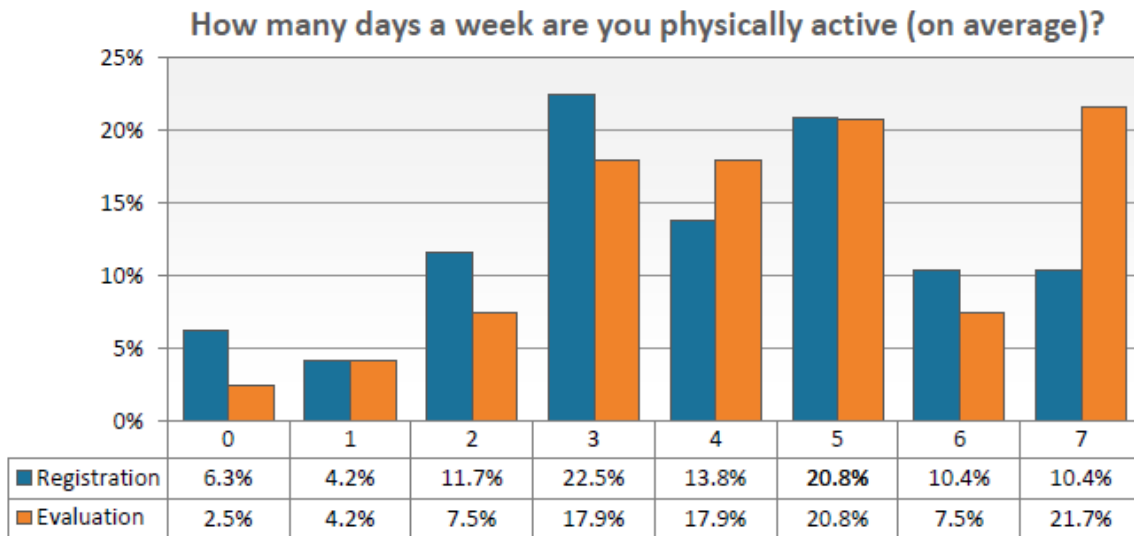


## Walktober 2020 Report

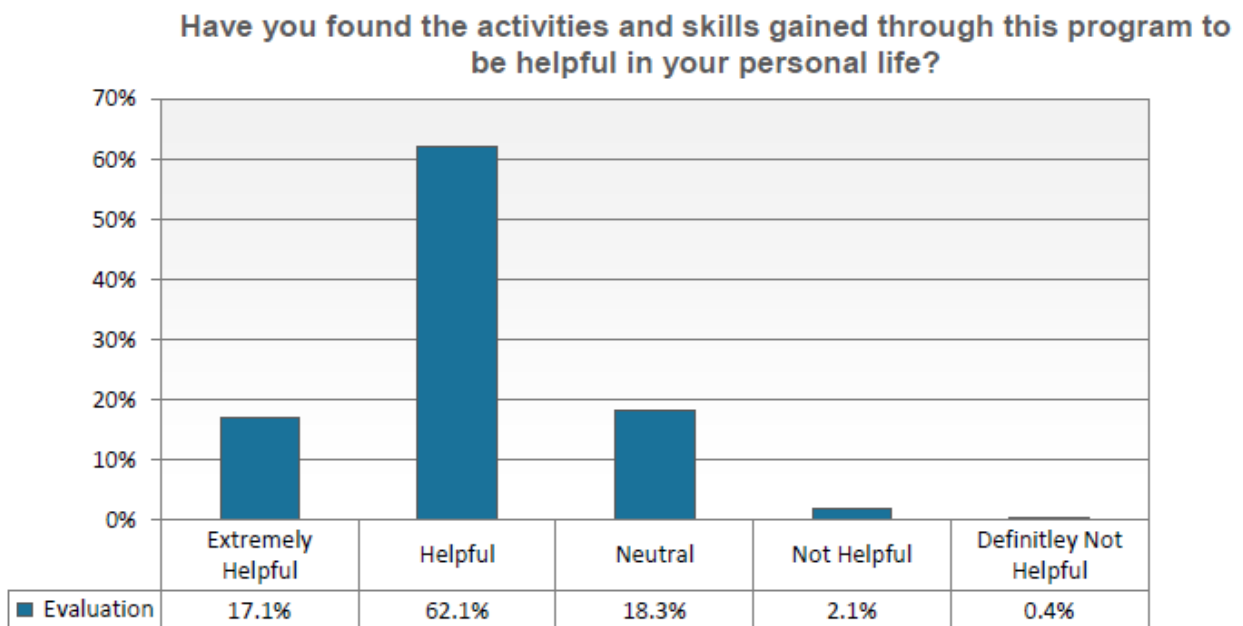
There were 478 CWRU faculty/staff registrants. 433 logged at least once. 315 met the goal of walking at least 6,000 steps at least 20 days in October.

Overall 66% of people met the goal and 72% of those on teams met the goal.

Here are some stats from the survey:



We moved from 41.6% being active 5-7 days a week to 50%. Nice Jump!





### Success Stories:

"I really enjoyed how the program focuses on the positive aspect of getting outside in the fall, even if it's chilly or a little rainy - there's always going to be something good to see if you're looking for it! It was good inspiration for an intentional change of scenery and the opportunity to experience something that wouldn't be part of a nice night on the couch." *Colleen Fitzpatrick*

"Our team name, Walk2Toronto, was coined when we calculated how far we would go if all of us walked 6000 steps for 31 days, an equivalent of roughly 289 miles. As we got about halfway through, I realized I could Walk2Toronto, i.e., get 289 miles in 1 month on my own! I crossed that finish line on October 29th. What a great feeling! And as a team, that means we walked the distance to and from Toronto, Ontario, Canada. Wow." *Anita Zaremba*

"The simple fact that even in inclement weather, I made sure to dress for exercise success (rain, cold or shine) and complete my goals. Don't let your mind talk you out of making physical gains. In the end it's good for the body and the mind!" *Kathleen Lanese*

"Participating in Walktober and other wellness challenges has been so rewarding and encouraging." *Lila Robinson*

"Walktober encouraged me to get out everyday and make a difference in my life through movement. My goal was always to aim for at least 10,000 steps a day. I looked forward to gaining my leaves everyday." *Cheryl Silas*