
WORK PLACE WALK – OFF CHALLENGE 2013



FINAL RESULTS REPORT

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TABLE OF CONTENTS

Overview of the Challenge	3
How the Challenge Worked	4
Overall Results	5
Daily Step Chart Analysis and Comments.....	6
Analysis of results	7
Awards	9
Participants Comments.....	10
Costs Incurred	11

OVERVIEW OF THE CHALLENGE

From January 14th – February 1st 2013, the staff of the OAG embarked on a Workplace Walk – Off Pedometer Challenge “challenge”. Seventeen members (95%) of staff voluntarily participated in this event which contributed to the resounding success of the challenge.

The objectives of the challenge were to achieve a number of goals which included:

- ❖ Creating an awareness of the activity levels of staff members.
- ❖ Contributing to a positive team building ethos within the OAG.
- ❖ Inspiring others to go outside their own comfort zone.

For many of the OAG staff members the above objectives were met as Management fully supported and participated within this team building activity.

Due to the success of the event, we have decided to make it an annual challenge.

HOW THE CHALLENGE WORKED

All participants purchased a pedometer which was used to monitor and record all the steps taken from January 14 – February 1st 2013.



On a daily basis each participant reported their cumulative steps on a whiteboard which was located in a designated area.

At the end of the challenge the total recorded steps per person were used to raise awareness of activity levels on a personal basis and to acknowledge and congratulate all participants.

OVERALL RESULTS

The seventeen staff participants recorded in total:

2,583,405 Steps



EQUATES TO APPROXIMATELY 1,291 MILES

***OAG STAFF WOULD HAVE WALKED THE LENGTH OF
GRAND CAYMAN APPROXIMATELY 58 TIMES***

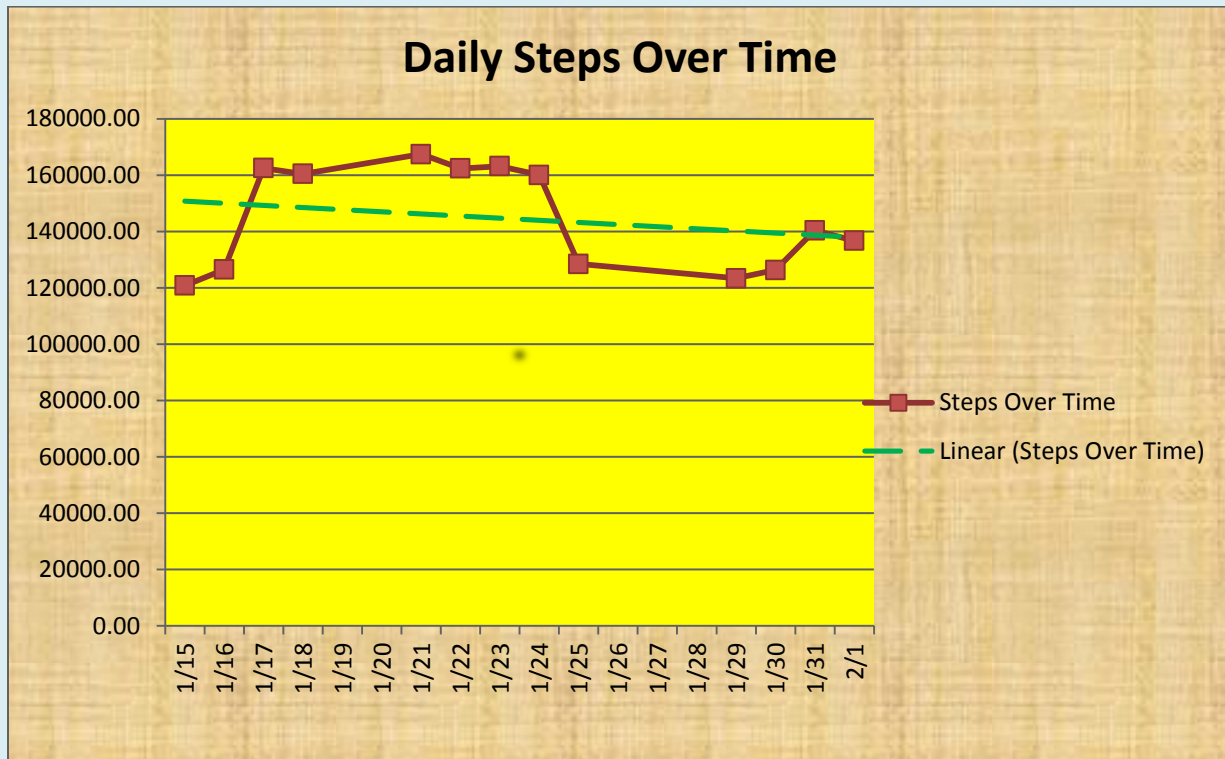
DAILY STEP CHART ANALYSIS AND COMMENTS

Under 5,000	1) Under 5,000 steps/day may be used as a "sedentary lifestyle index"
5,000-7,499	2) 5,000-7,499 steps/day is typical of daily activity excluding sports/exercise and might be considered "low active."
7,500-9,999	3) 7,500-9,999 likely includes some exercise or walking (and/or a job that requires more walking) and might be considered "somewhat active."
10,000	4) 10,000 steps/day indicates the point that should be used to classify individuals as "active".
>12,500	5) Individuals who take more than 12,500 steps/day are likely to be classified as "highly active".

The above was noted based on research by Dr. Catrine Tudor-Locke.

ANALYSIS OF RESULTS

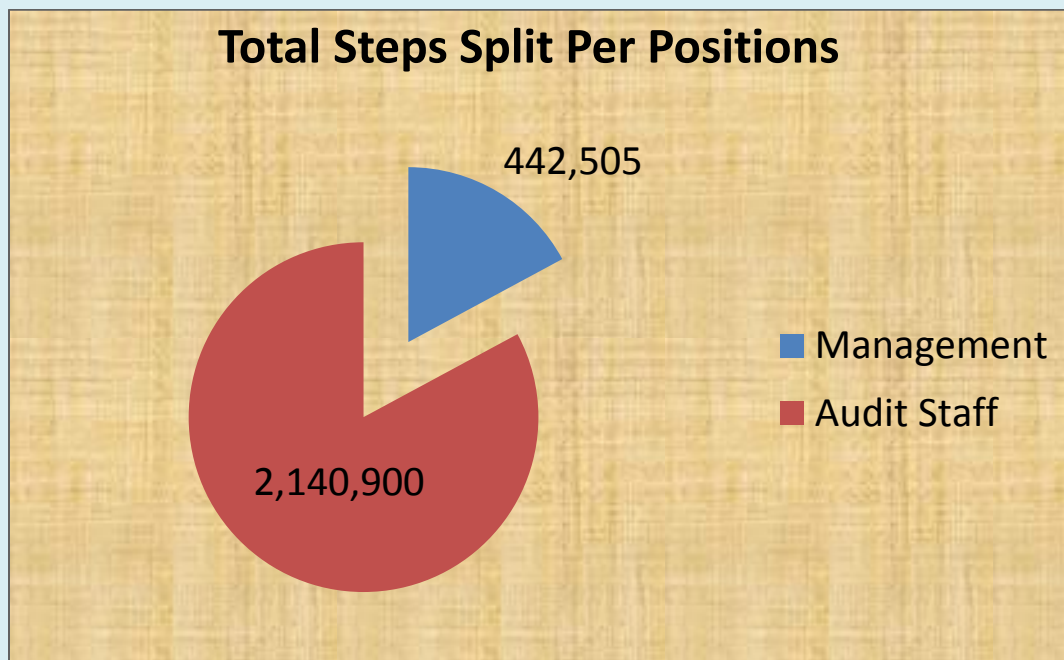
DAILY STEPS TAKEN OVER CHALLENGE



THE PATTERN SHOWS THAT DAILY STEP LEVELS WERE BETWEEN 100 – 180K ON A DAILY BASIS FOR ALL PARTICIPANTS. THE AVERAGE STEPS PER PERSON RANGED FROM 2,709 TO 36,851 PER DAY.

ANALYSIS OF RESULTS

STEPS OF MANAGEMENT AND AUDIT STAFF



THERE WERE 5 MANAGEMENT AND 12 AUDIT STAFF PARTICIPANTS.

Position Type	Percentage of Participants	Percentage of Total Steps Taken
Managers	29%	17%
Audit Staff	71%	83%

OAG Workplace Walk – Off Challenge 2013



AWARDS

Participant	Award	Description	Basis of Award	Steps/Achievement
Ruel Huet	Winner Plaque	OAG Workplace Walk-Off Champion	OAG Workplace Walk-Off 2013 Winner. This will stay in the office and be updated with the annual winner's name.	663,319
Ruel Huet	1 st place trophy	OAG Workplace Walk-Off 2013 Winner	OAG Workplace Walk-Off 2013 Winner.	663,319
Winston Sobers	2 nd place trophy	OAG Workplace Walk-Off 2013 Second Place	OAG Workplace Walk-Off 2013 Second Place.	400,163
Vincent Rocero	3 rd place trophy	OAG Workplace Walk-Off 2013 Third Place	OAG Workplace Walk-Off 2013 Third Place	231,316
Garnet Harrison	Silver Medal	Manager Silver Medal Award	The manager with the most silver stars – Total steps must be greater than 30,000.	5 Silver Stars Received
Tricica Boyce	Silver Medal	APL Silver Medal Award	The APL with the most silver stars – Total steps must be greater than 50,000.	4 Silver Stars Received
Stanford Lindo	Silver Medal	Biggest Mover Silver Medal Award	The persons in the bottom 12 at Jan 21 who obtained the greatest amount of steps until Feb 1, starting from the Jan 22 reporting date.	Since Jan 22 accumulated 51,902 steps

A CERTIFICATE OF ACHIEVEMENT WILL BE PROVIDED TO EACH PARTICIPANT, WHICH NOTES THE STEPS TAKEN FOR EACH PERSON.

PARTICIPANTS COMMENTS

“The OAG Pedometer Challenge is a fun activity to invigorate the physical fitness of an auditor. It also refreshes the mind to believe that perseverance and optimism can achieve great things.”

Vincent Rocero

To quote Nancy Sinatra.....“These boots are made for walking and that’s just what they’ll do, one of these days these boots are gonna walk all over you!”

-Admas Mahdere

“The idea for this challenge came from a wonderful speaker, Nurse Jodie Kelley of the Heart Health Centre. She spoke to staff during the Health & Wellness Week. It sparked excitement within the Office and provided a new and interesting commonality amongst staff in the OAG. (and I learned that Kirk Supermarket is not too far to walk for lunch!)”

Kim Lutz

“I will need a new pair of sneakers after the Challenge but every second of the event was well worth the effort. It was an excellent activity to start the year and place us all in the right frame of mind to aspire after greater things. It created an awareness of activity levels and encouraged us all to get moving especially after the Christmas holidays which were filled with ham, baked cakes and more goodies. Overall, the team spirit and level of eagerness of all to do their best was very pleasing and beyond my expectations.”

Winston Sobers

COSTS INCURRED

- ❖ All pedometers for participants were self-purchased.
- ❖ The cost of the awards and other miscellaneous administrative items amounted to CI\$183.