

Our Accomplishments ...

- **225 companies and 5000 people enrolled in *On the Move***
- **Almost 2 billion steps were recorded**
- **70% of participants made or plan to make a positive behavior change as a result of the program**
- **42% of participants who completed the program reported becoming more active**
- **51% of participants who completed the program averaged over 10,000 steps a day at the end of the program**



Our Accolades ...

- **“This program did serve to encourage me in the pursuit of physical activity. It helped me be more aware of the importance of exercise as a way of life.”**
- **“I lost 12 lbs and I am so excited to see that changing my lifestyle just by walking more accomplished this.”**
- **“This is a good program for staff members to rally around for personal health improvement!”**
- **“It made me more aware of how much walking can help your overall health. Thanks for the excellent program.”**
- **“Just participating in the program with others in my workplace was a great motivator.”**

