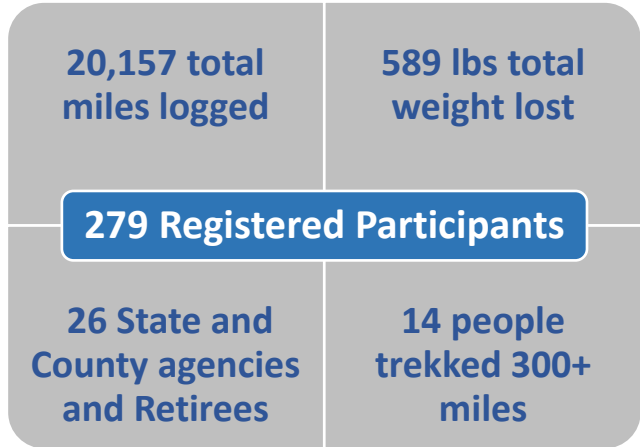


Challenge Results!

- 11% increase in participants who viewed their weight as normal.
- 5% decrease in those who described as Overweight.
- 11% decrease in those who described as Obese.
- Participants experienced a 298% increase in physical activity during the challenge.



	<u>Individual</u> Most miles logged	<u>Department</u> Most participants	<u>Department</u> Average miles per person*	<u>Team Results</u> Average miles per team
1st Place	Dept. of Human Services 398 miles	Retirees 17%	Public Library System 163 miles	Mind Over Miles 323 miles
2nd Place	Dept. of Human Services 388 miles	Dept. of Education 12%	Dept. of Defense 158 miles	Less is More 313 miles
3rd Place	Dept. of Agriculture 386 miles	Dept. of Health 11%	Office of the Governor 149 miles	The Shredders 312 miles

* Department participation - requires a minimum of two participants

What participants liked most about the challenge:

- “Focusing on simple yet important things like nutrition, sleep and exercise.”
- “Having a daily commitment to exercise and monitor vegetable/fruit intake.”
- “Working with a partner and having the rankings to keep motivated.”