



# 2023

## HMSA AND PELOTON'S 4-WEEK HEALTHY HOLIDAY CHALLENGE RESULTS



**216**  
**Registrations**



**32**  
**Depts Registered**



**1,433**  
**Classes Taken**



**\$800 in**  
**egift Cards**



**28K+ Minutes**  
**Completed**



**28 completed**  
**240+ minutes**



**82% rated high**  
**quality challenge**

### Top 5 Departments by Participation

1. City and County of Honolulu
2. Public Safety
3. Human Services
4. Land & Natural Resources
5. Tie:
  - Business, Economic Development
  - County of Hawaii

### Weekly Winners: \$100 egift card

1. Kristi Kaapu - Land & Natural Resources
2. Jasmina Eliza - City & County of HNL
3. Kristine Chung - Human Services
4. Stephen Timmons - City & County of HNL
5. Lisa Sur - Public Safety
6. Amy Stein - HSTA Retiree
7. Terri Koike - City & County of HNL
8. Malynne Simeon - Governor

### Participant Feedback

"Peloton had a lot of shorter fitness classes which worked out perfectly for days when you had a busy work schedule."

"I liked the incentive of being able to use the app for another month for free!"

"I enjoyed this challenge. It was easy using the Peloton app to track my progress."

"Super convenient, ease of tracking workouts, ability to search for specific workouts, workouts for beginners and intermediate. The instructors are professional. I love that there's so many choices of short workouts!"

"Mahalo! This is a great treat for the new year. Thankful for the gift that helps me focus on my health!"

"Just wanted to say what a wonderful opportunity this was. A great way for EUTF members to see what Peloton has to offer. It has something for everyone, even family classes. I have explored Pilates and Barre classes with them, something I would not usually take and have grown to enjoy. I love the app on my phone, taking walking classes while in an airport."

"This HMSA EUTF Healthy Holiday Challenge was very flexible for the busy holiday season...there were a lot of shorter fitness classes (like 5-15 mins) offered on the Peloton app, which made fitting in a daily session so doable. Thank you HMSA, EUTF, and Peloton"



**powered by HMSA**