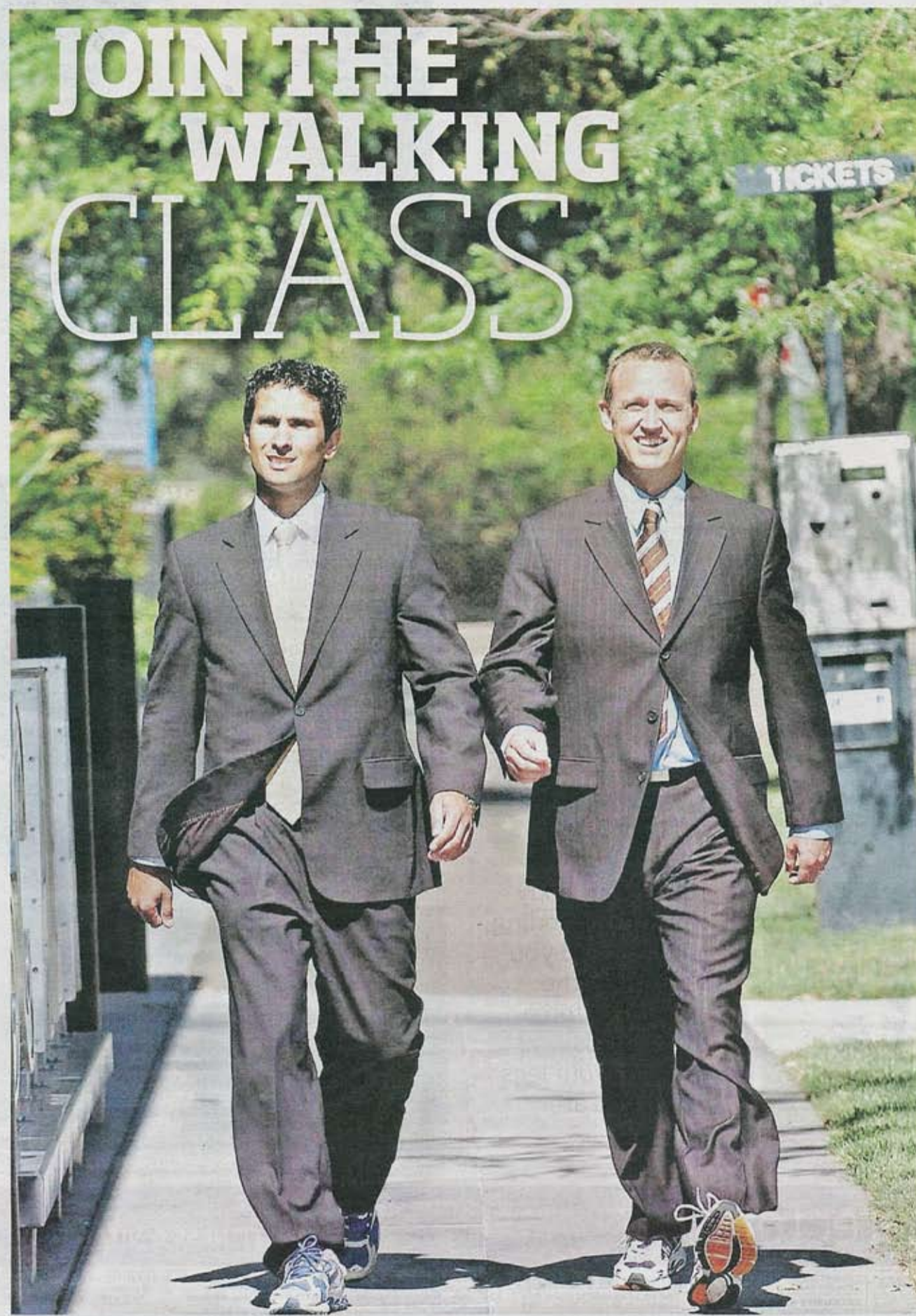


**8** THE NUMBER OF GLASSES OF WATER, AT LEAST, THAT YOU SHOULD DRINK EACH DAY

+ONLINE: [www.fitness2live.com.au](http://www.fitness2live.com.au)

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Corporate health takes 10,000 steps forward, writes **Daniel Hoy**



**A**N AUSTRALIAN corporate health program is doing something governments around the world have failed to do.

Not only has the program slowed the rate of obesity among participants, it has reversed it.

Research conducted by the Global Corporate Challenge, the world's largest corporate health initiative, has clinically proven that walking more than 10,000 steps a day can improve your energy and fitness and help weight loss. In short, it can change your life.

Teams of seven competitors wear pedometers and count their daily steps. At the end of the day those steps are converted to kilometres and the teams set off on a virtual race around the world.

Last year 60,000 participants from nearly 1000 workplaces in 55 countries took part.

At the same time the GCC conducted its own research and found:

- 67 per cent of participants reported an increase in energy levels.
- 67 per cent of participants reported an increase in fitness levels.
- 4.6 per cent was the average self-reported weight loss.
- 81.8 per cent have changed their health and activity habits by being involved in the GCC.
- The average participant step count was 10,909 (7km) per day — three times that of the average office worker.

**B**EFORE the start of the GCC, baseline research revealed a shocking picture of the Australian workplace:

- The average office worker walks only 2500-3000 steps a day.
- 62 per cent of participants in the study were not reaching the recommended levels of physical activity.
- 70 per cent were not eating the recommended daily intake

of fruit and 86 per cent did not eat enough vegetables.

- 18 per cent had high blood pressure.
- More than half were overweight (58 per cent) and did not meet the recommended Body Mass Index.
- 28 per cent did not meet the recommended levels of total cholesterol.

**A**FTER only four months of the GCC:

- The number of participants with high blood pressure was reduced by 34 per cent. Given that one in three Australians have high blood pressure, this is extremely good news for heart disease.
- Unhealthy levels of waist circumference and waist-to-hip ratio improved by 8 per cent and 6 per cent respectively.
- Waist size was reduced by an average of nearly 2cm. However, people who increased their activity during GCC to 12,500 steps lost an average of nearly 4cm off their waist and 1.4cm from their hips.
- Participants improved their vegetable intake by 5 per cent and fruit intake by 9 per cent.
- Even those who were able to take only 7500 steps a day (4.8km) were able to reduce their waist by 1.1cm, as well as decrease their blood pressure (systolic and diastolic by 2.76 and 2.44mmHg respectively).
- At 12 months:
  - Many individuals kept up physical activity in the eight months after GCC and hence were able to maintain blood pressure, keep the weight off, decrease BMI, decrease waist-to-hip ratio and keep their waist reduction to 1cm.
  - Participants reduced significant risk factors for heart disease and type 2 diabetes. This indicates that people can reverse current trends in chronic disease and inactivity.
  - In the high-risk group at baseline, those with increased activity had a decrease of nearly 3cm from their waist circumference.

+ONLINE: for more visit [www.gettheworldmoving.com](http://www.gettheworldmoving.com)