

# GLOBAL CORPORATE CHALLENGE

On September 22, this year's Global Corporate Challenge came to an end. Members may recall from the last Newsletter that the Society entered a team of seven doughty volunteers, sponsored by Nestlé via David Batman.

This year, 8,517 teams from 775 different organisations across 41 countries worldwide took part. Together, participants in the GCC walked a massive 68,486,352,507 steps. That's equivalent to 43,831,266 kilometres or 27,235,486 miles of walking, and represents 11,505,707,221 kilojoules or 2,761,369,733 calories of energy expended.

At the beginning of the Global Corporate Challenge in May 2009, each SOM Strider was asked to complete a 5 question survey on their activity and nutrition habits. The same survey was available for participants to fill out at the conclusion of the 125 day event to compare changes in the participants' activity and nutritional habits.

## *Perceived Wellbeing Changes*

The end of GCC Behavioural Survey asked participants to comment on whether their participation in 2009 changed their energy level, fitness level and/or weight. Based on their responses, the SOM Striders experienced the following changes:

- 100% reported an increase in energy
- 100% reported an increase in fitness
- 50% reported a loss in weight

## *GCC Impact on Activity Levels*

To examine the change in activity levels from before the GCC to the conclusion, the survey asked participants the number of days they exercised per week, and how long they exercised for on those days. Prior to the GCC, Society of Occupational Medicine participants exercised an average of 3.0 times per week. By the conclusion of the GCC this had increased to an average of 4.8 times per week.

In fact the SOM Striders have a great deal to be proud of. We maintained our step count very well; those of us who found for one reason or another that we could not achieve 10,000 steps one day, made the deficit up by walking more on other days. Throughout the 125 days, we walked a total of 10,141,758 steps, an average of 11,590 per person per day. Our final placing was 1,842 out of 8,517 teams. Not bad at all!!

*Hilary Todd*