



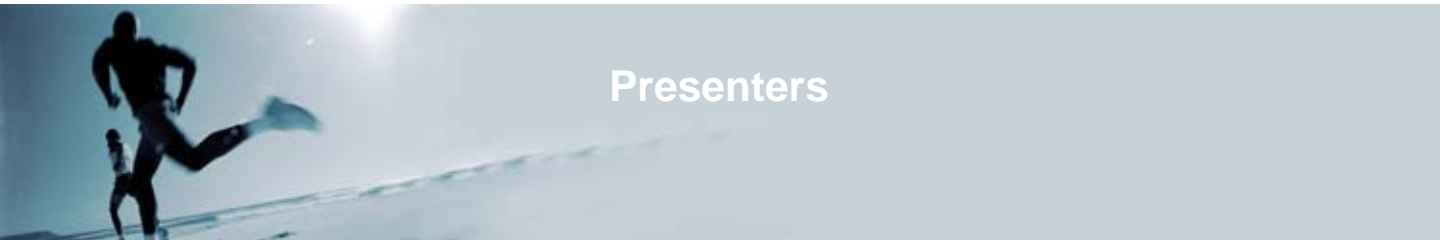
# Walk Michigan Program

*Involve Council – Detroit*



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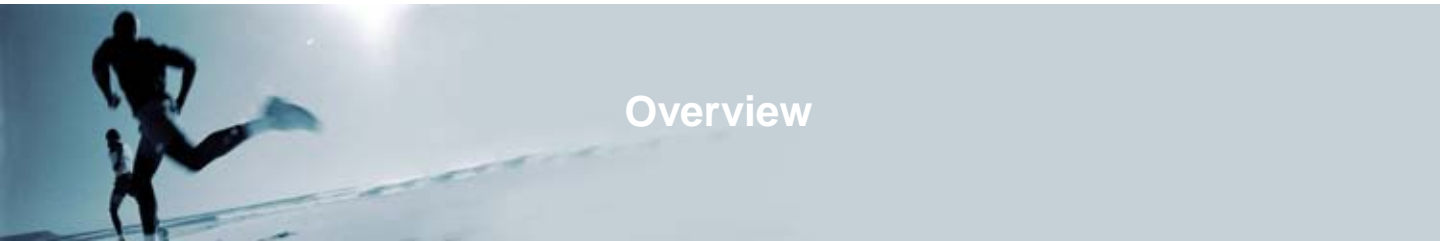


## Presenters



# Presenters

**Stephen Johnston– *Involve* Partner Champion**



## Overview



## Overview of Program

To promote wellness in the workplace.

- Weight loss
- Increase participants rates
- Provide flexibility in program

To assist employees who wish to become healthy and fit.

To recognize those that strive to improve their overall health and well being

To encourage teamwork, healthy habits, and activity in a workplace environment

Benefits to Employees

- Health lifestyle
- Weight loss benefits
- Healthy heart

Feel better about yourself

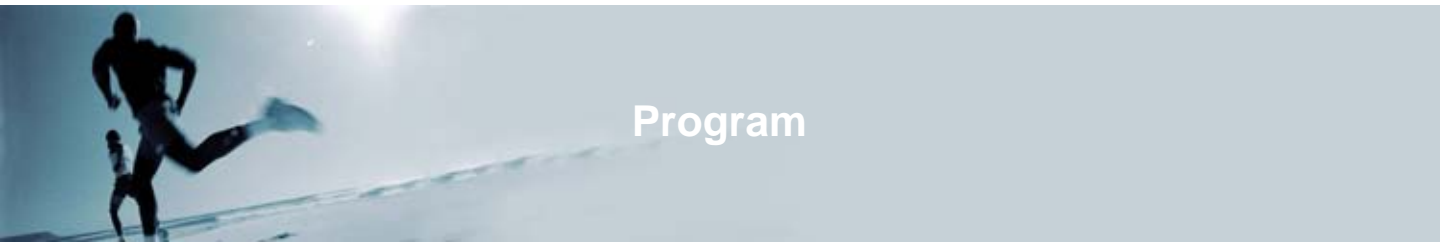
- Renew confidence and outlook on self and life
- Better attitude
- More energy

Improve life expectancy

- Reduce heart risks
- Overall happiness increases when able to do more and feel great

Benefits to KPMG

- Reduce KPMG health cost
- Fewer employees requesting time off for health related issues



Program



## Virtual Walk

### Virtual “Walk Michigan Program”

- Program lasted for 10 months
- Program kick-off included a guest speaker to discuss proper walking shoes and pedometer usage
- Over 150 employees participated
  - Participants were given a map with mileage from city to city and a pedometer to track their miles.
  - Each month employees would walk to a new destination.

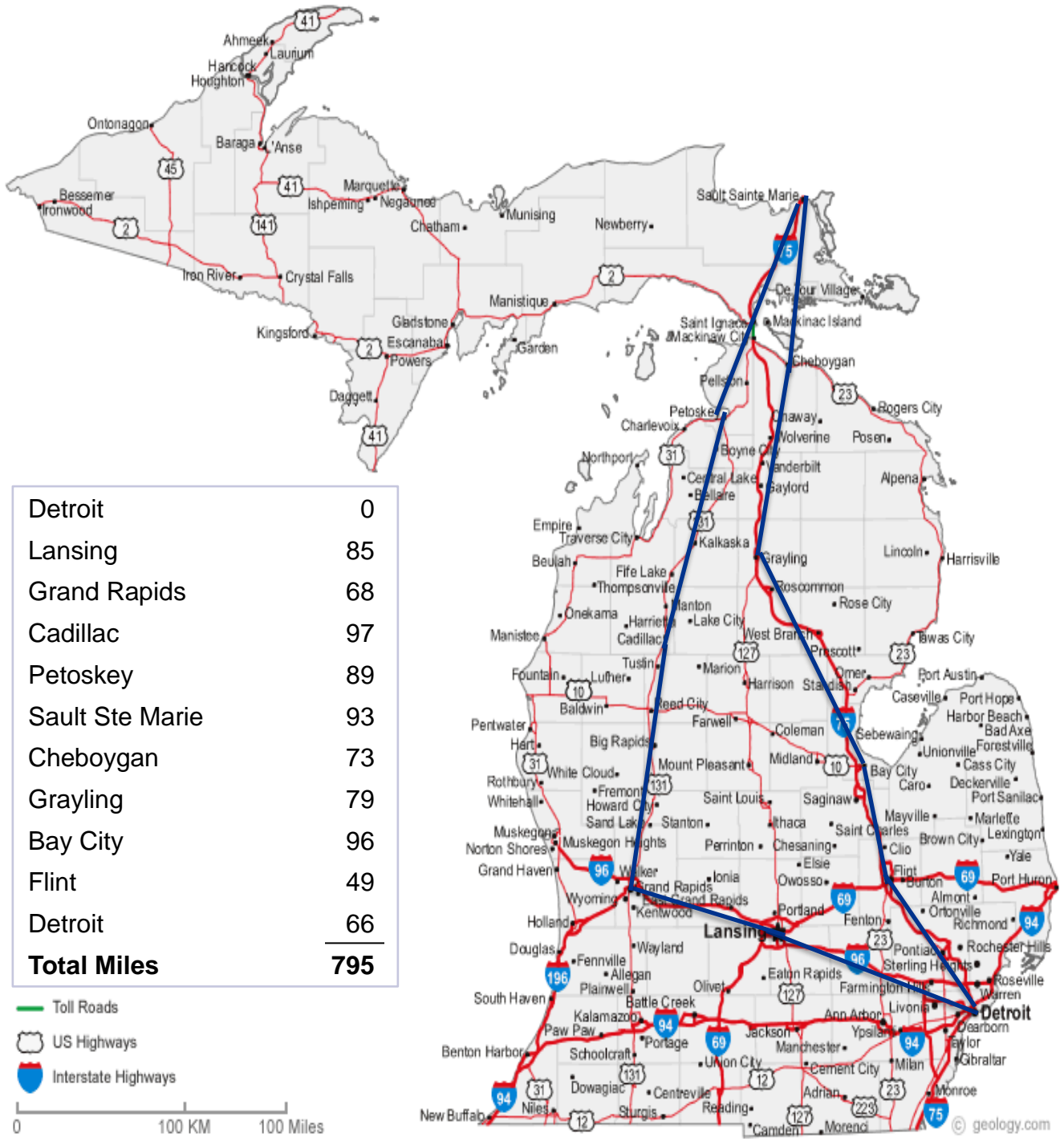
### Virtual Walk Database

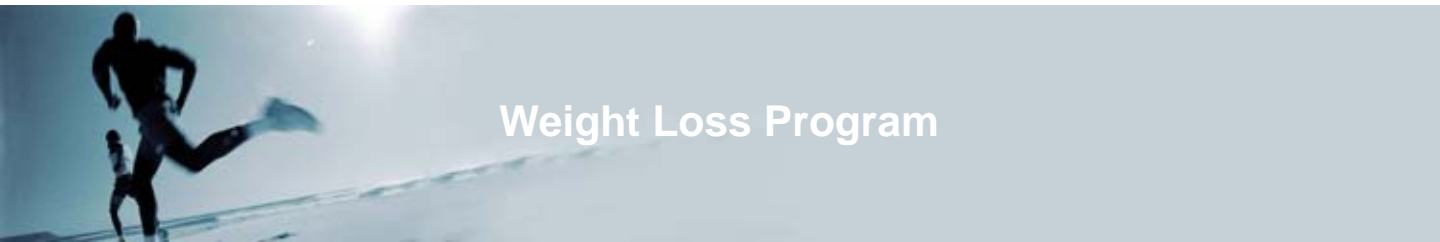
- Employee inputs miles into database.
- Position is illustrated based upon miles walked.
- Database calculates miles walked each month.
- Database monitor sends e-mail to council announcing winners.

### Virtual Walk Winners

- Ribbons were given monthly to first, second, and third place winners with most miles walked.
- Each month winners were recognized in office newsletter.

# Virtual Map – I Walked Michigan





## Weight Loss Program



## Weight Loss Program

Employees sign up to participate in a weight-loss challenge

- Put on a team with other participants
- Team shares weight loss ideas and goals – support.

Biggest Loser Teams

- Program duration – three months
- Once a week the team(s)/individual weighs in.
- Score keeper keeps overall team scores online.
- Overall team weight loss announced weekly to all teams.

End of Competition

- Team winners are announced at the end of the competition.
- Ribbons, tee shirts, trophies, calorie counters were given to winning team, and individual male and female with the most weight loss.



## Nutrition Assistance



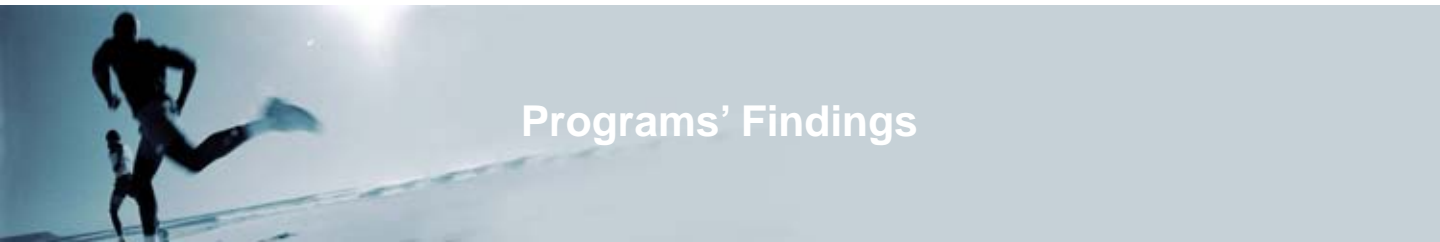
## Nutrition Assistance

### Workplace Initiatives

- Fresh fruit provided twice a week for employees
- Vending machines were loaded with healthier nutritional snacks.
- Bottled water was provided.

### Miscellaneous items

- Nutritional tips printed and displayed on bulletin board
- Scale for weigh-ins and to track weight loss
- Set up walk teams during lunch hour and before and after work
- Provided a walking path (s)
- Water bottle holders, pencils, and pamphlets were also provided to participants.



## Programs' Findings



## Programs Findings

### Virtual Walk Michigan Program

- 130 walkers at beginning of program
  - End of program 160 walkers
- Weight loss at the end of the program 154.5 lbs recorded
- Miles walked were 11,673

### Biggest Loser Program – *total weight loss of each team*

- Team 1 – 63.13 lbs.
- Team 2 – 71.5 lbs.
- Team 3 – 84.5 lbs.
- Team 4 – 66.6 lbs.

**The information contained herein is of a general nature and is not intended to address the circumstances of any particular individual or entity. Although we endeavor to provide accurate and timely information, there can be no guarantee that such information is accurate as of the date it is received or that it will continue to be accurate in the future. No one should act upon such information without appropriate professional advice after a thorough examination of the particular situation.**

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## Testimonials



## Testimonials

### Ron Scott, KPMG Technology – Walk Michigan Program

- “The Walk Michigan help me to stay on course with my walking,” said Ron Scott. “I walked from Detroit to Gaylord and checked my progress with a pedometer. When the miles didn’t add up fast enough, I would walk to Blockbuster or do some other errands where I would usually take my car.”

### Olga Liss, Sr. Associate Administrative Assistant – Weight Loss Program

- “The best part of the program was, the encouragement from team members when I’d hit a plateau in my weight loss,” she said. “The discipline of journaling, along with the option to track my progress online, helped keep me honest and focused.”

### Laurie Bean, Marketing Director – Weight Loss Program

- “It ‘s certainly been easier to stay motivated knowing that my employer supports my efforts to get in shape. And the baskets of fresh fruit in the office have been a lifesaver, encouraging me to snack healthier and avoid the vending machines and other temptations around the office.”