



UC Walks

8th Annual System-wide Walk

In 2017, eighteen UC locations participated in the **eighth annual system-wide UC Walks** event. **The goal of the event:**

Goals for 2017:

1. *Increase participation numbers across UC by 5%: **Actual – 7.59% increase in participation (2016: 6,437 participants; 2017:6,926)**.* Compared to last year, we increased participation in UC Walks resulting in a wider reach of faculty, staff, and students who are now aware of the various wellness programs and activities at our locations.
2. *Increase total minutes walked across UC by 5%: **Actual – 7.88% increase total minutes walked (2016: 143,779 minutes; 2017:155,586)**.* This goal was exceeded in 2017, resulting in a measurable increase in total minutes walked throughout the various campus and medical center locations.
3. *Obtain campus senior leadership participation at 50% of locations: **Actual – 41% of sites secured a person of leadership. (2016: 43% of sites)***

System wide UC Walks Summary

UC Walks included participation of 6,926 staff, faculty, post docs, retirees, residents/fellows, and students. A total of 155,586 minutes were walked, equivalent to 10,372 miles (*1 mile is approximately 15 minutes based on standard average!*). A marathon is 26.2 miles, 10,372 miles is the equivalent of 396 **marathon distances walked**.

UC Location Summary

Each location that participated in UC Walks offered events unique to their locations, with the overall goal of promoting the message of wellness and physical activity.

UC Berkeley In partnership with Staff Appreciation Week, employees and several campus leaders laced up their shoes for the 30 minute walk, with the Vice Chancellor of Student Affairs and Vice Chancellor of Human Resources helping to lead the way from one of the four campus locations to converge at the Memorial Glade. There, walkers were welcomed by Chancellor Designate Carol Christ who delivered an inspiring speech that described the richness, history and beauty of the UC Berkeley campus and why she walks. Participants also had the opportunity to meet with medical plan vendors, enjoy healthy snacks, and participate in the annual flash mob. Guided walks were also led from Campus Shared Services, Lawrence Hall of Science and with Facility Services evening custodians.

UC Davis Hosted seven guided walks on both the main campus and at off-site offices. Attendance increased by 59 employees in comparison to 2016.

UC Davis Medical Center Led two walks from the Education Building. Attendance increased by 80 employees in comparison to 2016.

UC Hastings Participants met in front of one of our main buildings to complete an instructor-led Zumba class as a warm up, prior to heading out for a walk to Jefferson Square Park. Water was provided before and after the walk.

UC Irvine Hosted two different types of paced walks led by UCI Campus Representatives and UCI Student Athletes; each walk was kicked off with a pep rally led by Peter the Anteater mascot, Anteater Band, and Spirit Squad. Participants received UC Walks shirts, Kaiser giveaways, Guayaki drinks, Nature Valley granola bars, Kashi snacks, and KIND bars at the finish line.

UC Irvine Medical Center	Hosted 10 guided walks along with a wellness fair at UC Irvine Medical Center. UC vendor partners provided information, giveaways and raffle prizes. Participants enjoyed a free healthy snack and the opportunity to take selfies and post to #UCWalks.
UCLA	Hosted two guided walking routes starting at the bottom of the Janss Steps. Participants received t-shirts and Kaiser sunscreen. Instructors led a brief stretch before and after the walks.
UCLA Medical Center	Hosted guided walking routes at three different Medical Center locations - Ronald Reagan, LAX, & Santa Monica Hospital. Participants received t-shirts and Kaiser sunscreen.
UC Merced	Hosted multiple walks throughout the morning at various locations on campus and at off-site locations, with several campus leaders helping to lead the walks. Participants received UC Walks shirts, water, Kaiser & Health Net giveaways.
UCOP	Employees enjoyed a 10 minute pre-walk stretch led by a 24 Hour Fitness personal trainer before embarking on a 2 mile round trip walk, halfway around Lake Merritt. Following the walk, employees had a chance to visit the medical vendor tables where they offered raffle tickets to win great prizes such as a yoga mat, Fitbit or gardening tools and receive free giveaways such as: t-shirts, bottled water, and snacks. Other event activities included basketball, bean bag toss, dancing and having a chance to practice their golf swing with challenge activities.
UCPATH	A local gym owner donated time to lead the group in easy stretching exercises and offered tips for making office life healthier. UC medical vendors donated raffle prizes, and for their energizing snack, staff enjoyed a special UC treat – oranges grown by UCR.
UC Riverside	The event was held at the UCR Track. Participants were provided with a colored card to track the number of laps walked between 11:00 am – 1:30 pm. Participants enjoyed stopping at the various colored stations corresponding to their card to earn “credit” for their lap, participate in fun activities such as Zumba, and engage with the enthusiastic Staff Assembly and Wellness Ambassador volunteers. In addition, participants received a T- shirt and healthy refreshments.
UC Santa Barbara	The Recreation Center hosted a "super fun" warm-up with music followed by a campus walk. Housing, Dining & Auxiliary Services hosted 7 walks along the campus beach and lagoon and along our mountain view apartments, to accommodate various locations and schedules.
UC Santa Cruz	Various leisure walks were offered throughout the day at the main campus as well as the Scotts Valley Center site.
UC San Diego	Two group walks were led, starting at the central part of campus. Each walk was led by someone from UC San Diego Work/Life. UC San Diego partnered with Housing, Dining and Hospitality for registration and check-in. In addition, there was a resource fair, comprised of different departments in UC San Diego, Recreation and health vendors affiliated with the university.
UC San Diego Medical Center	Two groups walked at the Hillcrest Medical Center and had the opportunity to participate in a small wellness fair which offered a chair massage, food samples from Bhu Bar and the Dietetics Intern Program, UCSD Weight Management Program information and a balance contest from The Bay Club. Four additional walks were led by Wellness Ambassadors at Health satellite locations.
UCSF	Hosted a walk at 8 different campus and areas and offered one day guest passes to our fitness center at the end of walk to encourage participants to continue to stay healthy and active.
UCSF Medical	Held UC Walks throughout the campus and medical center locations. Different departments completed the walk together in groups and many people were enthusiastic about the walk and offered suggestions and feedback for next year.

In an effort to continue the momentum generated from the UC Walks and to reach our 2018 goals, each location will continue to offer physical activity programs and provide support and motivation to begin or maintain an active lifestyle.

UC Walks and other programs will continue to be offered system-wide and at the locations in order to improve healthy behaviors, productivity, and contribute to a healthy campus culture and work environment.

For more information, contact your Wellness Program Manager listed on the [UC Living Well website](#).

For details on each locations event, please see below

Location	Number of Participants	Total Minutes Walked
UC Berkeley	800	24,000
UC Davis	406	12,180
UC Davis Medical Center	426	12,780
UC Hastings	35	1,225
UC Irvine	749	11,235
UC Irvine Medical Center	400	4,000
UCLA	220	3,300
UCLA Medical Center	1,068	16,020
UC Merced	256	6,400
UCOP	265	7,950
UCPATH	93	2,790
UC Riverside	400	10,273
UC Santa Barbara	218	8,720
UC Santa Cruz	361	10,830
UC San Diego	267	5,340
UC San Diego Medical Center	78	1,443
UC San Francisco	768	15,360
UC San Francisco Medical	116	1,740
TOTAL	6,926	155,586

Goals for UC Walks Day 2018

- Maintain or increase participation
- Maintain or increase total minutes walked
- Maintain or increase leadership participation

