



# UW Health

**Corporate Office:** Madison | **Employees:** 14,656 across 3 organizations - UW Hospital and Clinics, UW Medical Foundation, UW School of Medicine and Public Health

**Employees Participating in Wellness Program:** 1,163

**Success Story:** Spring Training

## Program Highlights

Participants chose a personal challenge goal—either accumulate 10,000 steps a minimum of five days per week, or perform aerobic exercise for 30, 45, 60 or 90 minutes a minimum of five days per week. Incentives, prizes, and tips for success were offered throughout the program by the organization's exercise specialists and registered dietitian. In an effort to enhance the competition, three additional challenges were offered. During weeks two, four, and six participants were awarded an additional point for organizing a team exercise session, contributing to a community fruit bowl, or eating three or more servings of vegetables each day.

## Program Success

In 2010, 1,163 UW Health employees formed 125 teams by recruiting colleagues, family, and friends for a six-week activity challenge. Ninety-eight percent of the employees completed the challenge by exercising five days per week and meeting their personal goal.

## Overcoming Challenges

UW Health faces the ongoing challenge of engaging nearly 15,000 employees across numerous locations in their wellness programs. Employees from Eau Claire to Appleton to Freeport, Illinois, have access to programming, resources, and education. By offering a team challenge, UW Health aims to bring employees together and work towards a common goal of taking ownership of their health and wellness.

---

## Wellness Program Components

- Spring Training is an annual team activity challenge encouraging employees to create camaraderie and exercise companions for a six-week program.
  - Spring Training motivates participants to start an exercise program or increase their level of daily physical activity.
  - The program encourages participants to explore the fun and experience the benefits of physical activity.
- 

**"I enjoyed connecting with co-workers on my team through the team challenges and finding different ways to have aerobic activity so I wasn't always walking or jogging. I was able to get to know a newer co-worker through lunchtime walks. We all enjoyed rediscovering the value of a 'change in scenery' during the workday. It invigorated my afternoons."**

*– Tami Langmeier, UWHC Clinical Nutrition*

---