



# Wisconsin is Getting Employees on the Move

Here's what you need to know about the Wisconsin Pilot of WELCOA's Top 100 Active Companies...

## At-a-Glance



12 Week Online Physical Activity Challenge



40 Companies



8,500 Participants

## AFTER PARTICIPATING IN TOP 100 ACTIVE COMPANIES...



**130% MORE**  
employees are physically active at a moderate intensity level every day!



**41% MORE**  
employees met CDC guidelines of moving at least 30 minutes a day, 5 times per week.



**25% MORE**  
employees are active enough to begin losing weight and improving aerobic capacity.



**26% FEWER**  
employees now sit for more than 5 hours a day at work.



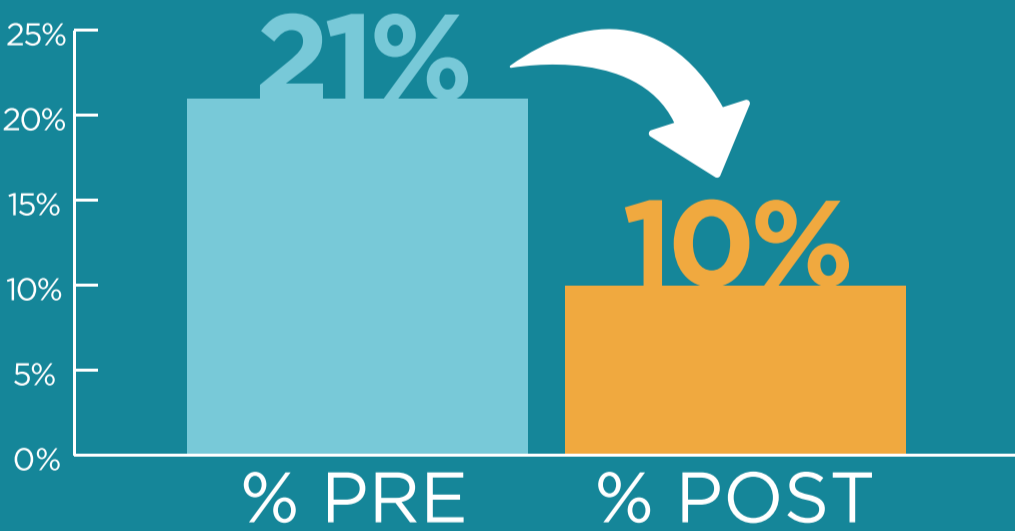
**35% MORE**  
employees reduced their sitting time outside of work to under 2 hours!



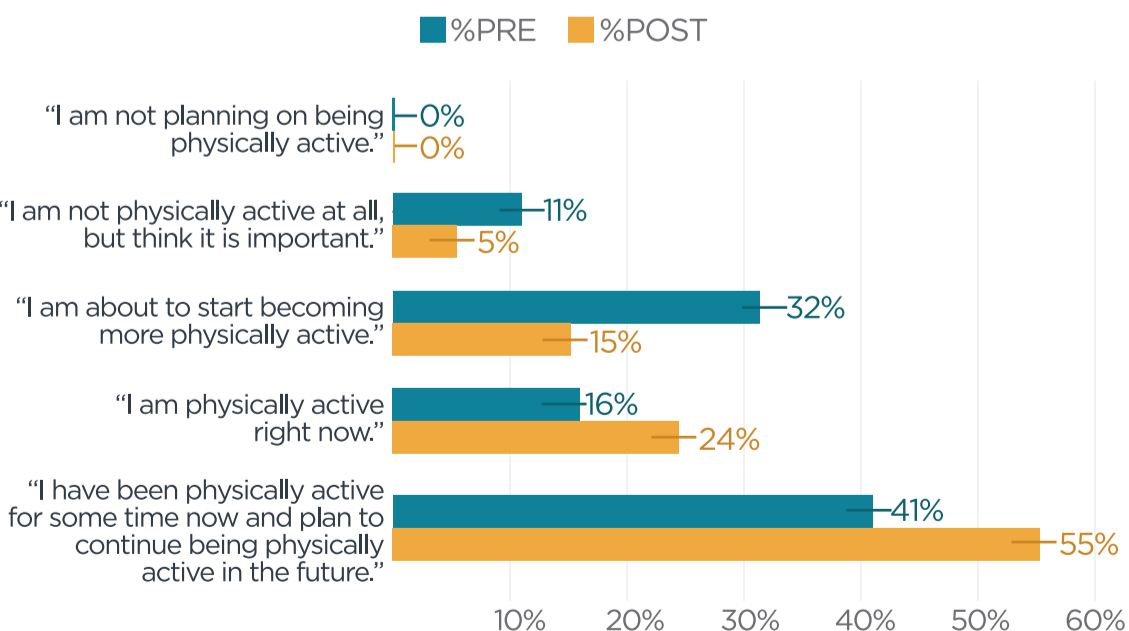
**11% INCREASE**  
in employees believing their organization supported them in their physical activity efforts.

## THE NUMBER OF EMPLOYEES WHO REPORTED SEDENTARY LIFESTYLES DECREASED BY MORE THAN HALF

### Sedentary Employees



## EMPLOYEES CHANGED THEIR MINDS ABOUT THE IMPORTANCE OF PHYSICAL ACTIVITY



See the full leaderboard and sign up for the next challenge at [top100.welcoa.org](http://top100.welcoa.org)

