



Media Release

## **Many Steps for Global Corporate Challenge**

1 October 2014

Bethesda Hospital took part in Global Corporate Challenge (GCC), hosting five teams of seven in the global workplace health and wellness program who managed to walk 46,388,245 steps, which burnt a total of 1,870,374 calories.

In May each year, teams of seven from companies all over the world start the GCC 16-week program from 23 May 2013. Each employee taking part receives two GCC Pulses - a 3D accelerometer that uses the same motion sensing technology found in smartphones to accurately track their daily activity. Employees record their daily activity levels via the GCC website or mobile apps, and the more active they are, the more instant rewards they receive.

Participants also have 12-month access to the GCC website and additional initiatives such as GCC nutrition assessments and advice, individual challenges, walking route mapping, 'meeting on the move' planner and energy management.

This is the second time that the Claremont based hospital has taken part in the GCC, which is now in its 11<sup>th</sup> year.

Melody Miles, Occupational Safety & Health Manager at Bethesda Hospital said that 'many of the Bethesda staff were completing the GCC for the second year, and reported similar benefits including:

- 64% of employees reported a decrease in their stress levels at either home or work.
- 75% of employees feel that taking part in GCC has improved their energy levels
- 83% said the GCC has had a positive impact on their relationship with exercise
- 44% of employees reported losing weight during the Challenge'.

'It is a great initiative and we look forward to participating again next year with greater staff numbers', Ms Miles said.

Bethesda is an independent 88-bed hospital in Claremont, which has been providing outstanding care and service to the Western Australian community for 70 years.

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**Media Enquiries**

Naomi Quinlivan

0408 598 977

[nquinlivan@bethesda.org.au](mailto:nquinlivan@bethesda.org.au)