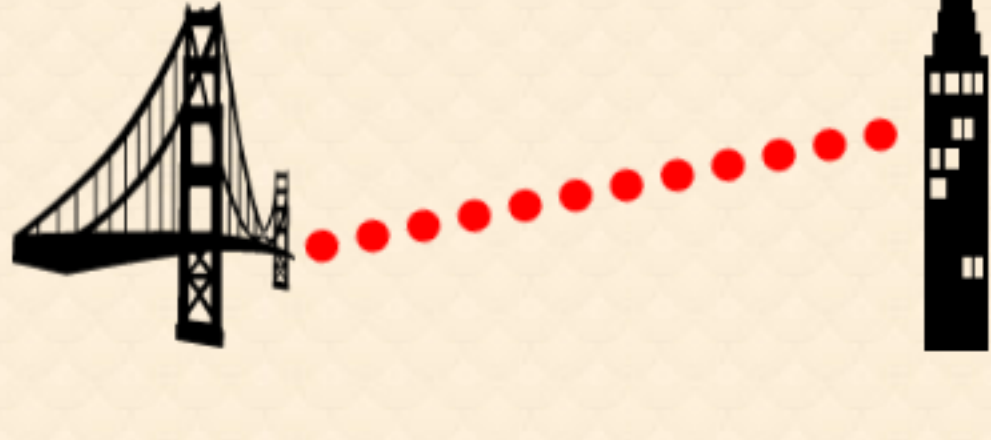




iWalk Move More Challenge 2014

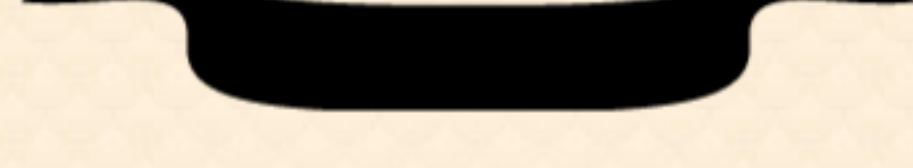


iWalkers logged more than 63,831,000 steps!



That's over 12 trips from New York City to San Francisco

Or more than once around the entire world!



That is the equivalent of 638,310 minutes walked

Enough time to watch the complete nine seasons of Seinfeld 154 times over



Or to watch every game of the regular Illini men's basketball season for the next 177 seasons

It's roughly 3,191,550 calories burned!

That's equal to 6,021 Big Macs, 12,766 Snickers bars, or 22,796 bags of Doritos



And about the number of calories burnt running in 1,139 marathons!

315 prizes were handed out



And 300 free pedometers were mailed to participants



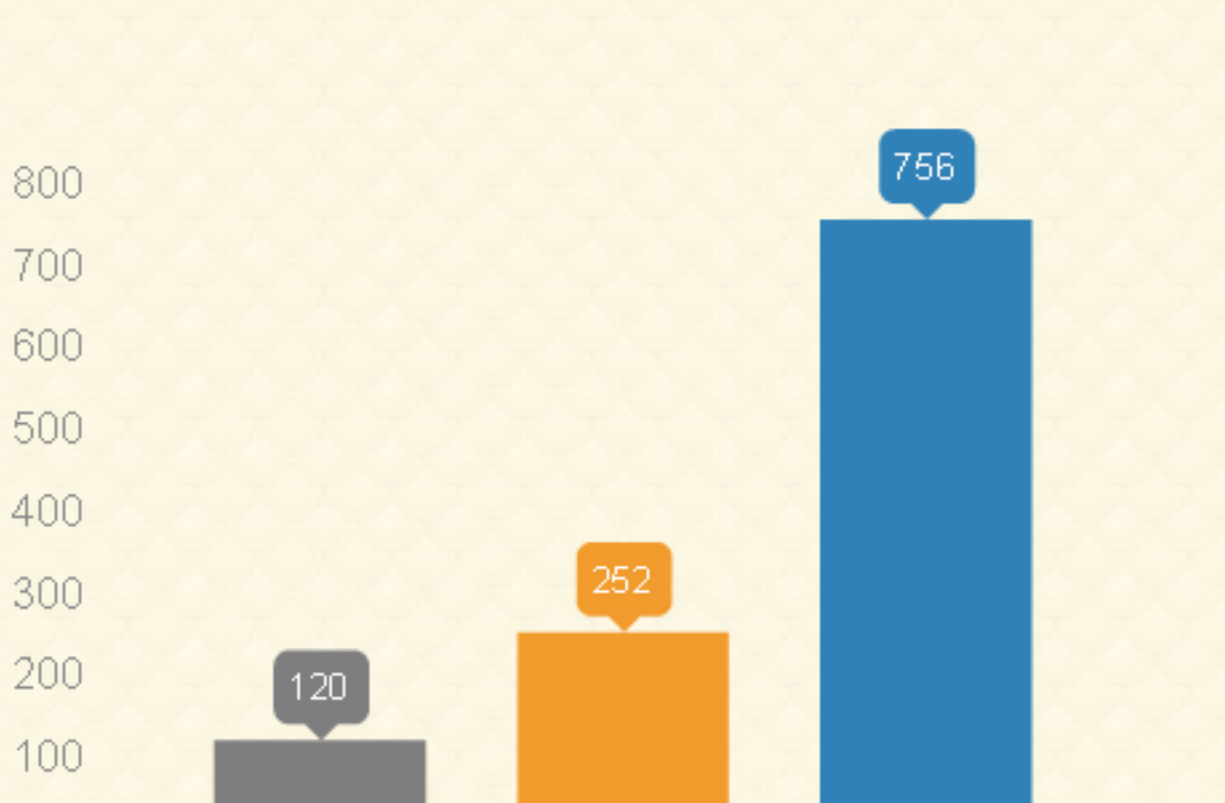
The logging site was accessed 4,679 times



And 580 bonus activities were completed



The highest point earner had a massive 756 points



And the average of 252 points blew away our threshold for prizing!

Thank you to all the participants! Find the UI Wellness Center at:

go.illinois.edu/wellnesscenter

<https://www.facebook.com/IllinoisWellnessCenter>

Sources

<http://geography.about.com/library/faq/blqzcircumference.htm>
<http://www.distance-cities.com/distance-new-york-ny-to-san-francisco-ca>
<http://en.wikipedia.org/wiki/Seinfeld>
 Basketball calculated at 30 games/regular season and 120 minutes/game
http://www.pedbikeinfo.org/data/faq_details.cfm?id=1227
<http://nutrition.mcdonalds.com/getnutrition/nutritionfacts.pdf>
<https://www.snickers.com/Nutritional-Info>
<http://www.fritolay.com/our-snacks/doritos-nacho-cheese-chips.html>
<http://www.livestrong.com/article/302836-how-many-calories-are-burned-during-a-marathon/>

