BY THE NUMBERS

Participants

- 39% Professional Staff
- 7% Students
- 11% Academic Personnel
- 15% Retiree/Guests
- 28% Classified Staff
- 35,362 interactions from 11,669 unique participants

Virtual Training

- Total Participation: 12,413
  - Kettlebell: 880
  - Running/Walking: 1,454
  - Step On Up Stair Program: 297
  - Stretching: 992
  - Yoga: 1,393
  - Eating Well: 2,088
  - Be Active Challenges: 5,309

Pillar Breakdown

BEING ACTIVE
- 47 Articles
- 83 Events
- 12 Social Groups

EATING WELL
- 34 Articles
- 21 Events
- 1 Social Group

ENGAGING INTERESTS
- 70 Articles
- 29 Events
- 5 Social Groups

LIFE EVENTS & CHANGES
- 23 Articles
- 11 Events
- 2 Social Groups

STAYING HEALTHY
- 25 Articles
- 11 Events

VOLUNTEERISM

Faculty Spotlight

- 36 Faculty Friday Articles: 20,429 Page Views

The Whole U Discount Network

- 251 Discounts in 2015
- 60,394 Discount network visits

Website Stats

- 1,380 Average Daily Page Views
- 503,845 Page Views
- 190,449 Users

5 Most Engaged Organizations/Groups

- Medical Centers: 1,909 participants
- School of Medicine: 1,727 participants
- Arts & Sciences: 539 participants
- Finance & Facilities: 318 participants
- Student Life: 310 participants

Community Enhancers *event held on all three campuses

- Guinness World Record Umbrella Dance (attempt)*: 2,185 Participants
- UW Free Photo Day*: 2,351 Participants
- Stress Less Holiday Challenge*: 927 Participants
- Summer Fitness Challenge*: 1,609 Participants
- Ovations Talent Showcase: 1,230 Participants
- Whole U at Husky Athletic Events: 2,217 Participants
- Scavenger Hunt*: 927 Participants
- Yoga Month*: 1,096 Participants

Does not include partner events co-promoted by The Whole U or activities only promoted to members of a social group under The Whole U umbrella.