

# CASE STUDY

With a goal of **walking 10,000 steps** every day to **improve health** and productivity, employees were challenged to **incorporate more activity into their daily routine** for the 16 weeks of the GCC.



## Wesfarmers Resources walks around the globe

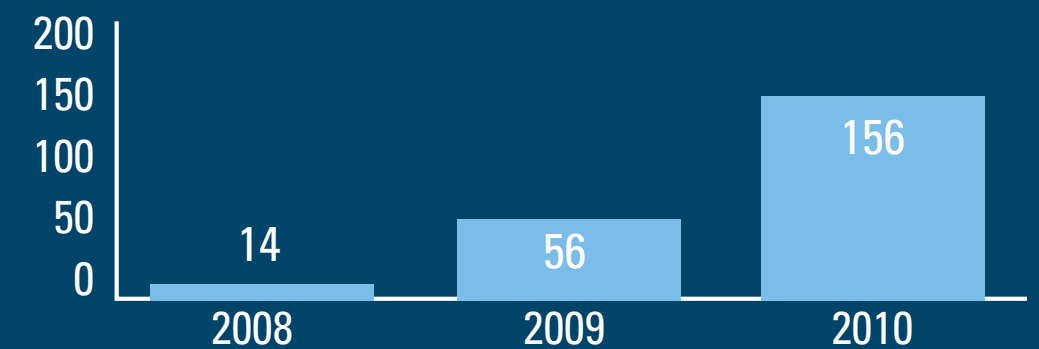
This year saw Wesfarmers Resources employees line up once again to participate in the Global Corporate Challenge (GCC). The GCC was founded in 2004 in Melbourne by a team including Olympian Herb Elliot and in 2010 involved almost 100,000 people from 55 countries. It is a unique program aimed at encouraging corporations to help their employees to get active and healthy.

With a goal of walking 10,000 steps every day to improve health and productivity, employees were challenged to incorporate more activity into their daily routine for the 16 weeks of the GCC.

What started out in 2008 with only two teams and 14 participants from the Brisbane office, the program has grown to involve 22 teams with 154 participants across our Brisbane office, Curragh and Premier Coal sites. In the past three years the average steps for participants has increased by 36 per cent to 12,515 which is well in excess of the target of 10,000 steps.

This year Wesfarmers Resources employees covered an amazing 136,465 kilometres in the 111 days that the GCC ran for.

Wesfarmers Resources Participants



Average steps per person per day

