YOUR PEOPLE ARE MOVING MORE

PARTICIPANTS

CURRENT STEP AVERAGE

13,028 VS.

12,331 INDUSTRY AV. & 12,521 GLOBAL AV.

TOTAL DISTANCE

326,595 km

EQUIVALENT TO WALKING THE EARTH’S CIRCUMFERENCE 8.1 TIMES

73% AVERAGING AT LEAST 10,000 VS. 25% PRE-GCC

0% AVERAGING LESS THAN 5,000 VS. 22% PRE-GCC
YOUR ACHIEVEMENTS SO FAR

5,405 TROPHIES ACHIEVED

495 PARTICIPANTS ACHIEVED 500,000 STEP MILESTONE

68 PARTICIPANTS ACHIEVED 1 MILLION STEP MILESTONE

48% ACHIEVED MINI CHALLENGE 1

16% ACHIEVED MINI CHALLENGE 2

Achievable with a daily average of 9,000+ steps

Achievable with a daily average of 18,000+ steps
YOUR PEOPLE ENJOY PARTICIPATING

73% RATED THEIR EXPERIENCE AS GOOD OR EXCELLENT*

24% rated average*
3% rated below average or poor*

*Mid-Event Survey Results
FOSTERING FUN AND TEAM SPIRIT
We have been walking every lunch in the botanical gardens. It's just across the road from the uni. New discovery, we found a coffee van at the other end of the park. It's very hard to drink while you are walking. Next time we're going to take a straw.

I'm liking how competitive I am about GCC (with myself)! I'm never usually enthusiastic about exercise but I'm constantly checking my step count, walking my dog further each evening and go on "Walking Meetings" instead of staying in the office. I'm pleasantly surprised and pleased to have a goal each day.

I always prided myself on being "reasonably fit". Whether it was swimming, or just generally being active, I knew that I was doing okay on regarding fitness. A change in job, a busier lifestyle, less time to carefully prepare meals; all of these factors built up, and without knowing it, I'd become a lot more sedentary that I should have been. As a result, my fitness had somehow been lost. Now that the problem has been identified, I'm determined to use the GCC as part of the solution! I've committed to several running events, and I'm going to make positive lifestyle changes.
ASSISTING THE JOURNEY TO BETTER HEALTH

43% SET WEIGHT TARGET*

26% COMPLETED NUTRITION ASSESSMENT**

*available from day 1 of the event
**available from day 29 of the event
YOUR PEOPLE KNOWING THEIR NUMBERS

HEART AGE

AVERAGE REAL AGE*

40
5 MONTHS

VS

AVERAGE HEART AGE*

43
0 MONTHS

LIFESTYLE SCORE

1000
673
CURRENT SCORE

475
STARTING SCORE

*Recorded at the start of the GCC
YOU ARE CURRENTLY RANKED 1ST

START

IN EDUCATION & TRAINING IN AUSTRALIA & 6TH GLOBALLY

FINISH SEPT 4
MOTIVATION FOR THE SECOND HALF

STAGE 1
MINI CHALLENGE
YOU AGAINST THE WORLD
BEAT THE GCC GLOBAL AVERAGE STEP COUNT FOR 3 DAYS IN A ROW
AUGUST 7-9

STAGE 2
MINI CHALLENGE
100,000 CLUB
CLOCK UP 100,000 STEPS IN 7 DAYS and you’re on the club!
AUGUST 21 - 27

STAGE 3
GCC PULSE-ING COMPETITION
THE SKY’S THE LIMIT

STAGE 4
STORIES OF GLORY COMPETITION
Share your inspiring GCC story or nominate a team mate
ACTION AUGUST 28

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