

GCC RESULTS 2015

301 participants

43 teams

16 areas



Motivation to join GCC

Benefits



58% of staff reported improved productivity and concentration



75% of staff reported taking more personal accountability for their health



67% of staff reported a decrease in stress

Participant benefits

57% now walk 10,000 steps per day or more



43% are now more conscious of what they eat



66% of overweight staff lost weight

