



Well-Being Physical Activity Challenge

October 8, 2026

Presenter:

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Well-Beings' Purpose

To support the health and well-being of City and County employees, retirees, and their families, by providing education, resources, programs, and services that promote physical, mental, emotional, and social well-being.



10K-A-Day supports SFHSS's 2026 strategic focus on healthy eating and physical activity as keyways to improve and maintain a healthy heart/blood pressure.

Background

Research* shows that regular physical activity can:

- Support heart health and healthy blood pressure
- Increase energy and improve sleep
- Reduce stress and improve mental well-being
- Help prevent chronic conditions

* <https://www.cdc.gov/physical-activity-basics/benefits/index.html>

Well-Being at Work

- Reduces Stress and Burnout
- Boosts Engagement and Morale
- Increases Productivity
- Improves Long-Term Health

Key Features When Selecting a Program



Friendly competition
Social Support &
Connecting with others



Easy



Informational

Goals

San Francisco Health Service System (HSS)

- **20%** employee participation
- **50%** of participants join a team
- **25%** of participants report improvement in a healthy behavior from pre- to post-survey
- **30%** post-survey completion rate



Goals

10K-A-Day Challenge

- Work toward **10,000** steps a day (4 ½ - 5 miles/day) or another activity goal that fits your abilities and lifestyle.
- Aim for 15 points/week**, working up to **10,000** steps a day

Daily Point Levels

- 4,000–6,999 steps = **3** points
- 7,000–9,999 steps = **4** points
- 10,000+ steps = **5** points


A screenshot of the 10K a day app interface. At the top, it shows "Last Day" and "Week 4 Sunday, August 30". Below this is a calendar view with days of the week represented by colored circles (M, T, W, T, F, S, S). The current day is highlighted. A message states "You can no longer edit this day." Below this is a section for "Physical Activity" with a "connect device" link. It lists three activities: "Walking, 4.0 mph (60 min)" with 7980 points, "Household cleaning, vig (60 min)" with 7980 points, and "Walking, 2.0 mph (30 min)" with 2220 points. There is a "Choose an activity" dropdown menu. Below the activities is a "Manual Steps" input field and a "Steps" button. At the bottom, it shows "5 Points" and "Total Steps 18180". A green button labeled "View Attraction >" is at the very bottom.

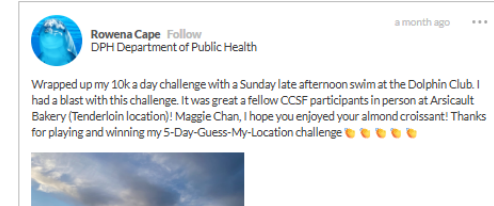
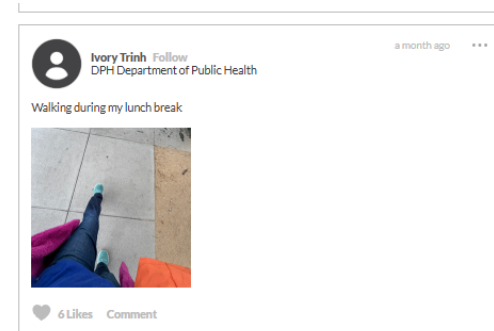
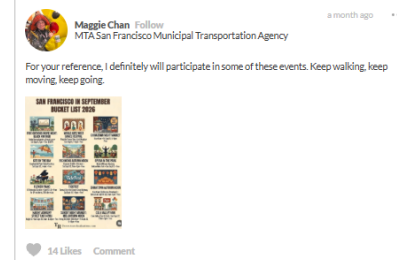
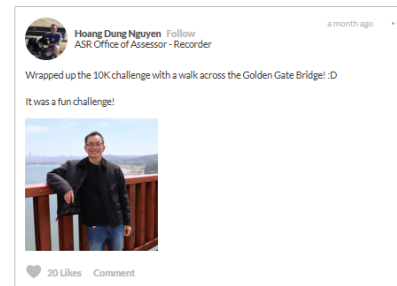
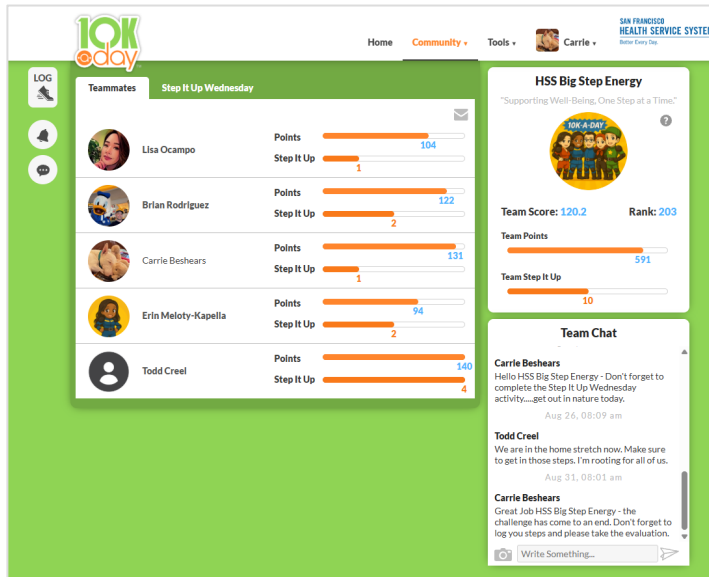
Member Experience



Friendly competition

Social Support & Connecting with others

- Teams, Sole Mates
- Message boards
- Leaderboards



Member Experience



Easy

- Individual and Team Participation
 - 4 – 5 members in a team
 - Step It Up Wednesday* challenges for bonus points
- Step tracking through smartphones, fitness watches, and wearable devices
- Inclusive step thresholds for different activity levels

Teammates Step It Up Wednesday

Wed, Aug 5: 1-Minute Energizer Overview

Challenge

Stand, shake out your arms and legs, stretch tall, and roll your shoulders to recharge quickly. Brief bouts of movement improve circulation, release endorphins, and help fight afternoon fatigue.

Status: Time Expired

Teammates Step It Up Wednesday

Watch your email every Wednesday for your Step It Up activity. Record the activity by midnight CT on Wednesday to earn 1 bonus point for your team each week.

Wed, Aug 5: 1-Minute Energizer

Wed, Aug 12: Experience Nature

Wed, Aug 19: Micro-Learning

Wed, Aug 26: Streereetch

Member Experience



Informational

- Virtual tours of international cities and landmarks
- Daily health tips and healthy recipes

Daily Recipe
Courses
Favorites
All Recipes


20-Minute Creamy Chicken Skillet With Italian Seasoning
Chicken cutlets cook quickly and are highlighted with a creamy sauce made with tomatoes, zucchini and Italian seasoning. This recipe is sure to become...


3-Ingredient Bell Pepper & Cheese Egg Cups
Requiring just three main ingredients—bell peppers, eggs and shredded cheese—these portable baked eggs are simple to assemble and may be m...


30-Minute Roasted Salmon Tacos With Corn & Pepper Salsa
A honey-and-chipotle glaze gives this roasted salmon a sweet and spicy kick. If you have time, consider grilling or broiling the corn for a few minute...


Acai-Blueberry Smoothie Bowl
For those mornings when you're looking to up your fruit smoothie game, this healthy smoothie bowl recipe is the perfect answer. Thick enough to eat wi...

Daily Tip
Favorites
All Tips

Just Relax
Fri, Aug 28
Relaxation is more than just an emotional or psychological sensation; it can keep stress levels manageable and help you feel great.
Use these tips to calm your nerves and rejuvenate your spirit:

- Go for a walk
- Pick a good book and cozy up in your favorite chair or under a tree
- Have a picnic in your backyard
- Create your own spa day by taking a long bath, giving yourself a pedicure, or taking turns with your partner to massage each other's shoulders and neck
- Go fishing or just sit by a lake or stream – **studies** find that simply interacting with green settings and natural waters can clear mental clutter, reduce anxiety, sharpen attention, and enhance overall brain function.



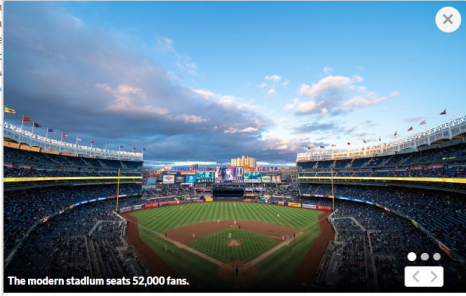


Wed, Aug 26 **10200** 10K

Grand Central Terminal New York, New York

Trivia Question: How many train platforms are served here?
Correct Answer: 44 ✓

Arrive to striking platforms: a sea of 750,000 travel windows plus so much more. Take a rail, subway, or famous transpo...



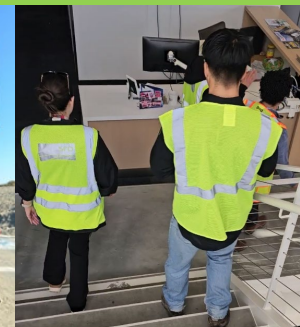
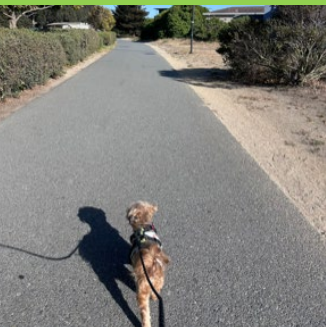
The modern stadium seats 52,000 fans.
Yankee Stadium New York, New York

Results – Individual

Registered	3,395
Met the points goal (15/week)	1,602
Tracked 5+ days/week	77%
Days Logged	75,458
Steps	867,787,899
Exercise Minutes	1,644,816
Evaluation Completion - Participants	32% (1,072)

 **63%** Reported more energy

 **56%** Reported less stress



Results – Departments & Teams

Departments participated	47
Teams (Official)	461
Participants on a Team	65% (2,198)
Departments that achieved 20% registrants or higher	9
Participants that increased or maintained activity	925



Results – Social Connection & Motivation

Posts	311,603
Participants actively posting on the wall	157
Comments to the posts	375
Likes to the posts	6,184



Communications

1. Citywide Emails

- July 1: Coming Soon!
- July 13: Registration Starts
- July 29: Challenge Starting Soon – Last Chance to Register

2. Newsletters

- SFHSS
- DHR

3. Well-Being Champion Network – Training

- Department Specific Email

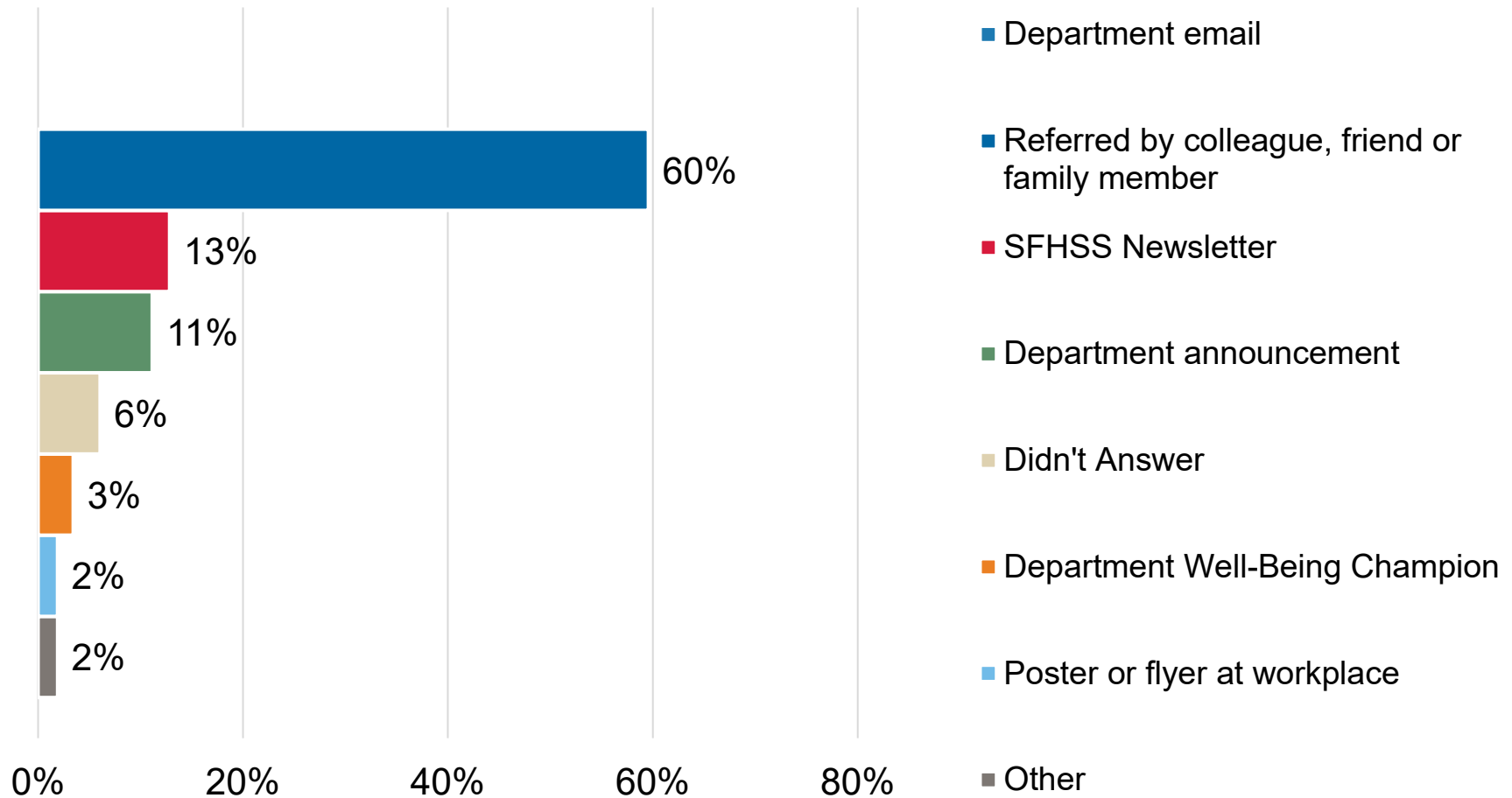
4. Posters/flyers

5. Website/Platforms

- SFHSS Landing Page & Drop Down
- SF MyHub



Communications



What Members are Saying

I am
good enough
brave enough
smart enough
trying hard enough
strong enough
working enough
achieving enough
doing enough
successful enough
powerful enough
wise enough
growing enough
happy enough

I AM ENOUGH

“I completed the challenge to its fullest! I can't believe I did it, even making it through the days I didn't want to get up and move.”

“I accomplished 10k everyday since the challenge started, I now plan to continue walking 10k everyday going forward.”

“I completed my 10K-a-day challenge without missing a single day! I proved to myself that I can stay consistent even when life, work, and my schedule gets busy & stressful. I reached my goal but more importantly, I built a habit of choosing movement and showing up for myself every day.”

“I can't wait for the new challenges!”

“The 10K-A-Day challenge motivated me to stay active, be more consistent with my daily steps, and make movement a regular part of my routine. It was rewarding to challenge myself each day and build healthier habits along the way.”



“I am very proud that I accomplished 10K every day of the challenge. I have never done anything like this and feel like staying that consistent with the program has been one of the most significant health goals I have achieved in many years.”

“I think this is a great program that helped motivate me to get moving on a daily basis and also encouraged me to go to my fitness classes regularly since I would be able to track them and earn steps for them as well! I hope the City runs this program again - in fact I think this should be a regular, annual (or semi-annual) event. I also loved the 'Walking Wall' feature, where I could see where my colleagues are and how they are incorporating the 10K-A-Day challenge into their lives. I will miss having that City-specific wholesome health and fitness-oriented social media aspect too!”

“I created healthier friendships at work and helped keep me motivated.”

