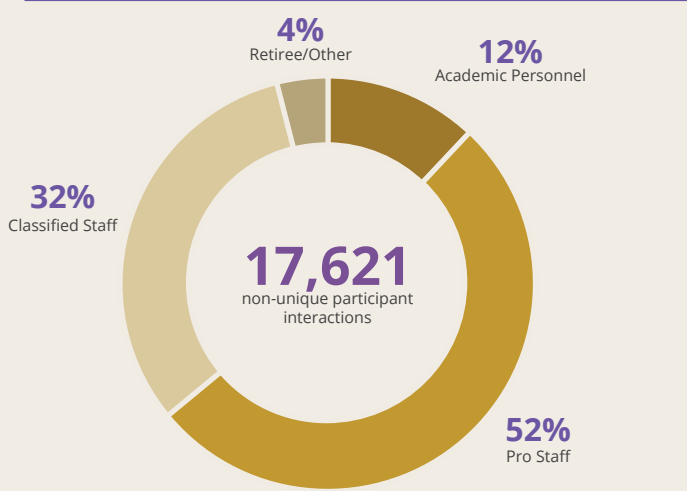
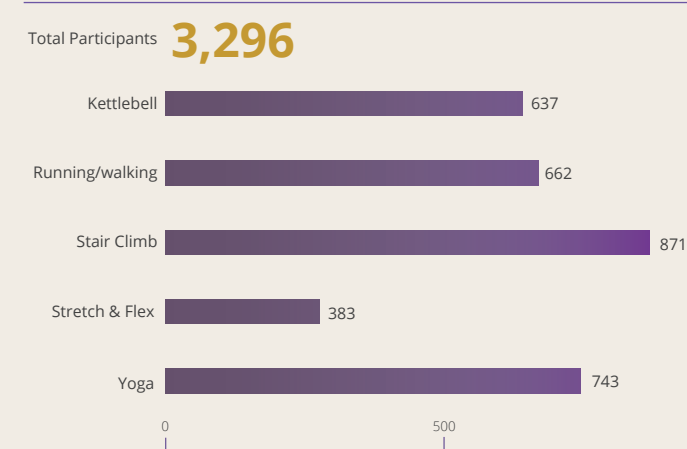


BY THE NUMBERS

Participants



Virtual Training



5 Most Engaged Organizations/Groups

- School of Medicine
- Medical Center
- Finance & Facilities
- Arts & Sciences
- College of Engineering

Community Enhancers

Guinness World Record Kettlebell Workout*

1465 Participants

Photo Day

1294 Participants

Ovations

922 Participants

Scavenger Hunt*

750 Participants

Stress Less Holiday Challenge*

553 Participants

Summer of FUNction Challenge

398 Participants

Whole U Section at Husky Athletic Events

675 Participants

Yoga Challenge*

700 Participants

Pillar Breakdown

- BEING ACTIVE

69 Articles 45 Events 10 Social Groups
- EATING WELL

41 Articles 7 Events 1 Social Groups
- ENGAGING INTEREST

95 Articles 13 Events 4 Social Groups
- LIFE EVENTS & CHANGES

24 Articles 2 Events 2 Social Groups
- STAYING HEALTHY

43 Articles 13 Events
- VOLUNTEERISM

22 Articles 2 Events

The Whole U Discount Network

214 discounts in 2014.

42,585 Discount network accessed.

Website Stats

1,016

Average Daily Page views

354,439 Page views

119,829 Users

PROGRAM COMMENTS

OVATIONS!

“NOTHING COULD HAVE BEEN BETTER. THE SHOW WAS DAZZLING. YOU DID AN OUTSTANDING JOB IN EVERY DETAIL.”

Gerald H. Pollack, PhD
Professor, Bioengineering

“I’ve gone to the Ovations and the Thriller IMA dance class. Whoever is the mover/shaker of the Whole U clearly has a lot of good ideas and enthusiasm and is doing some great things!”

David Gordon
Software Engineer, Genome Sciences

VIRTUAL TRAINING

“I DID IT!! Mt. Baker!! Just so you know, I’m in pretty good shape for my age; however, this challenge has been a whole different thing. Just wanted to let you know that I’m ready to take on Mt. Rainier. YIKES!!”

Deborah Katz
Teaching Associate, Family Medicine

SUMMER OF FUNCTION FITNESS CHALLENGE

“My success is that this challenge really helped me break through a plateau and find fun ways to be fit and eat better. I went from rarely being active to running 3 times a week, working out 4 times a week, and dancing another 3 times a week. I’ve lost 55 pounds, and this challenge really helped me be FIT and truly helped me form better habits which I still follow. I feel connected and proud to be a part of the UW community.”

Jennifer Connors
Student Services Operations & Accounts Manager, Housing & Food Services

WHOLE U SPEAKER SERIES: DR. VITIELLO ON SLEEP

“Well-spent hour learning helpful info for me personally and for my job as a psychologist for students.”

Ronald Chamberlain, PhD
Sports Psychologist, ICA

COOKING DEMO

“Chef Tracey should be designated a University treasure (I’d say national treasure, but we’re a state entity). She of course is a skilled culinary professional, but she is also able to teach. I am amazed that she offers us her time, and am incredibly thankful that she does.”

Maria Card
Human Resources Consultant, HR OPS–Upper Campus

WHOLE U SPEAKER SERIES: NEAL DEMPSEY—THE ENDURANCE MINDSET

“I liked having exposure to such a distinguished alum, successful business leader, etc. It was very interesting to hear what has worked for him. Thanks for the opportunity!”

Lorna Bixler
Senior Auditor, Internal Audit

MOVABLE TYPE

“Loved it! I met some really interesting people and had some great conversations. What a perfect way to end a rainy day. It was also my first time at the UW Club—what a beautiful venue!”

Jasmine Campbell
Grant and Contract Administrator, Office of Sponsored Programs

COLLABORATION WITH THE IMA

“We got positive reviews and the instructors were likewise glowing [about Adaptive Yoga Workshop]. If we offer a class, I believe it will be the first adaptive programming in the history of the Department of Recreational Sports. Because of The Whole U platform, I feel better able to welcome those who otherwise might feel out of place in a health and wellness setting. Pretty powerful.

Anne Garrett
Fitness Coordinator, IMA



THE FACES AND VOICES

OF THE WHOLE U'S INAUGURAL YEAR

2014

BOUNDLESS COMMUNITY

Connecting our faculty and staff to each other and to our greater institution.

THE WHOLE U TIMELINE

2014

2015



JAN 2
Official launch of
The Whole U
program and
website

JAN 24
Set Guinness
World Record
for largest
kettlebell
workout ever!

MAR 14
Kettlebell
workout
handbook
published

APR 11-12
The Whole U
Scavenger
Hunt on all
three campuses

APR 13-MAY 9
Functional Fitness
Clinics around UW

MAY 22
The Whole U
Cooking Series:
Celebrity Chef
Jehangir Mehta

JUN 16
The Whole U
Speaker Series:
Chi Walking &
Running with
School of Medicine's
Laura Houston

AUG 24
Five hundred UW families join
us for Free Photo Day on the
Seattle campus

JUN 18
Step On Up
program
launched and
871 take the
challenge to
scale Mount
Rainier in stairs

JULY 10
Lunchtime
mindfulness
series begins
with the
School of
Medicine's
Anil Coumar



AUG 25
Roll out 8-week
training plans for
the Dawg Dash

SEPT 30
Whole U Speaker
Series with
Dr. Gary Martin
from Arts &
Sciences

OCT 11
The Whole U
assembles
team for
American Heart
Association's
Heart Walk



NOV 5
Movable
Type literary
mixer
at the
UW Club

NOV 12
Sleep Seminar
with UW
Professor
Dr. Vitiello

NOV 13
Noontime
Meditation
Exercise at the
HUB with
Anil Coumar

NOV 20
Holiday Cooking
Demo with
UW Chef Tracey
MacRae

NOV 20
Co-host with
UWCFD
Doctors Without
Borders field
coordinator talk at
Health Sciences



DEC 18
Mindful Holiday
with Dr. Suzanne
Kerns at Center
for Child & Family
Well-Being

JAN 17
Whole U
article goes
viral, bringing
28,000
visitors to the
site in
24 hours

JAN 31
Lunchtime Kettlebell
Scrambles begin

FEB 26
Results of
Whole U
Community
Interest Survey
published

FEB 27
The Whole U
Speaker Series:
Coach
Lorenzo Romar

APR 2
National Walking Day
celebrated with a
lunchtime walk

APR 10
The Whole U
Speaker Series:
Dr. Liliana Lengua &
Dr. Suzanne Kerns on
Mindful Parenting

APR 10
The Whole U
Cooking Series
kicks off with UW
Medical Center
Dietitian Emily Kelly
Brown and UW
Dining Executive
Chef Tracey MacRae

MAY 21
Leading Fork
Appreciation
Dinner

MAY 29
The Whole U
Speaker Series:
Neal Dempsey

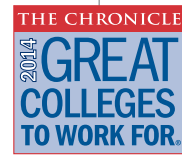
MAY 31
One Day
Mindfulness
Retreat with
Mindfulness
Northwest



JUN 2
Summer of FUNction
Fitness Challenge
begins

JUN 19
The Whole U
Cooking Series:
UW Dining
Executive Chef
Tracey MacRae

JUN 21
The Whole U
team runs
Seattle Rock'n'Roll
Marathon/
Half Marathon



JULY 24
UW named a
Great College to
Work For by the
Chronicle of
Higher Education

SEPT 1
Yoga Month
21-day Challenge
begins

SEPT 23
Figgy Pudding
Singing Group
begins weekly
rehearsals

SEPT 23
The Whole U
Creative Series
begins with
opportunities to
join a singing group,
learn to swing
dance, or improve
photography skills

OCT 1
UW Farm
presents
Composting 101,
The Whole U
Speaker Series
event

OCT 31
Partner with
IMA for
Thriller Dance
& Costume
Contest

NOV 10
Stress Less
Holiday Challenge:
8 weeks of
workouts,
speakers,
recipes

NOV 18
Zumba workout
in the HUB
South Ballroom

DEC 1
Coach Marti
Young Fitness
Sessions on
all three
campuses

DEC 10
Preparing Your
Holiday Menu with
UW club Executive
Chef Jon Maley

DEC 12
Ovations!
Faculty and staff talent
showcase introduced by
President and Mrs. Young