### BY THE NUMBERS 2023

#### PARTICIPATION
- **91,445** Participation
- **642** Events

#### UW DISCOUNTS
- **317** Discounts

#### WEBSITE
- **1,181,029** Web Views
- **291,315** Article Views
- **138** Total Articles

#### SOCIAL CONNECTIONS
- **11,703** Views
- **733** Subscribers
- **2,800** Followers
- **1,937** Followers
- **214** Subscribers

#### THE WHOLE U CHARITABLE GIVING PROGRAM
- **$24,040** Donated to UW non-profit organizations
- **1,445** Unique donors

#### COMMUNITY ENHANCERS
- **Daily Moving Break** 12,402
- **Weight Training** 7,576
- **Financial Partner Webinars** 5,147
- **Self Paced Resources** 3,682
- **UW Athletics Games** 3,047
- **UW Photo Day and Picnic** 2,600
- **UWMC Nurses Week** 2,500
- **UW Yoga Month** 1,758
- **New Years Challenge** 1,702
- **UW Fitness Day** 1,305
- **National Nutrition Month** 996
- **DEI Forums** 879

#### THANK YOU TO OUR 2023 SPONSORS
- [AT&T](#)
- [BECU](#)
- [UW Medicine](#)
<table>
<thead>
<tr>
<th>Title</th>
<th>Description</th>
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| **THE WHOLE U PROGRAM** | Thank you, The Whole U! I am new to the UW and love seeing all the amazing work for employee health and wellness.  
**Brady C Lucas**  
Associate Director for Philanthropy, UW Medicine |
| **YOGA MONTH** | I'm a total beginner but really enjoyed this class. It has motivated me to pursue yoga further.  
**Paul Nichol**  
Clinical Professor of Medicine |
| **SOCIAL SECURITY WEBINAR** | Great seminar!! SO MUCH information...I may have to attend regularly! Thanks for providing this event. I really appreciate the Whole U.  
**Maureen Ni**  
Program Coordinator, Laboratory Medicine and Pathology |
| **INCLUSIVE IN THE HOLIDAY SEASON WITH UW PROFESSIONAL & ORGANIZATIONAL DEVELOPMENT** | Working within UW Medicine, I don't have many opportunities to share experiences with UW staff outside of medicine. Not only did this make me appreciate the community we have within UW but also value the diversity we have within this institution. I learned about other cultures and traditions.  
**Leila Armas-Valencia**  
Program Operations Specialist, Pulmonary/Critical Care |
| **DAILY MOVEMENT BREAKS** | I absolutely love the daily movement breaks. They're energizing and help to keep me going throughout the workday, and I think the stretching helps with some repetitive motion strain I have from typing all day. I especially like the yoga breaks and the Bollywood dancing. Love live daily movement breaks!  
**Samantha Herndon**  
Marketing & Communications Manager, Information School |
| **RAISED ON TECHNOLOGY: CHILD DEVELOPMENT AND DIGITAL MEDIA** | I really appreciate getting to hear about research our UW colleagues are doing and being able to utilize it in a real way. Thanks for putting this together!  
**Maryn Gerdes**  
Human Resources Manager, CoMotion |
| **UNIVERSITY BOOK STORE SHOPPING NIGHT** | I loved this event! And I loved that the gift-wrapping proceeds went to a good cause. We had so much fun at the event.  
**Holly Schneidmiller**  
International Scholars Operations Specialist, Office of the Provost |
| **VOLUNTEER AT THE SEATTLE MARATHON** | It was fun to help at the marathon while also making connections with the UW community. I would absolutely do it again!  
**Kate Kerschbaum**  
Assistant Director for Academic Services, Information School |
| **UW PHOTO DAY AND PICNIC** | Loved Photo Day! It was so organized, and lines were much quicker this year. We really enjoyed and appreciated the bonus BBQ. The food was delicious, thank you!  
**Michelle Brot**  
Research Coordinator, HSA Operations |
| **FLU SHOT CLINICS** | I love having flu shot clinics onsite! I always get my shots because you have made it so easy to do. Thank you!  
**Sarah Demun**  
Administrative Assistant, Environmental Health & Safety |
| **DOES SELF-COMPASSION REALLY WORK?** | This was so great—giving permissions to self for compassion, learning the difference of self-indulgence and compassion. I loved the practice session at the end and the statements to use.  
**Sandra Johnson**  
Senior Research Scientist, Radiology |
10 YEAR TIMELINE

KETTLEBELL GUINNESS WORLD RECORD

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

Gerald H Pollack, PhD
Professor, Bioengineering

2014

OVATIONS!

EXERCISE BALL GUINNESS WORLD RECORD

THIS WAS A WONDERFUL EVENT FOR MY MENTAL AND PHYSICAL WELL-BEING! IT WAS NICE TO SEE STAFF THAT I HAVE NOT SEEN FOR YEARS AND TO MAKE NEW FRIENDS FROM MANY DIFFERENT DEPARTMENTS. THANK YOU!

Rosemarie Topacio Alfano
Administrative Specialist,
Patient Financial Services

2016

UMBRELLA DANCE GUINNESS WORLD RECORD

THAT WAS SO FUN! I THINK TAKING MOMENTS AWAY FROM WORK FOR LAUGHTER, PLAY, AND SILLINESS IS SO CRUCIAL TO OVERALL WELLNESS AND JOB SATISFACTION. THANK YOU SO MUCH FOR DOING THIS!

May Lim
Director of Industry and Professional Programs,
Electrical and Computer Engineering

2014

2015

2016
UW PHOTO DAY
We participate almost every year and love the time with our family. There is a special sense of community happening on campus that day. People are relaxed, open and happy to share their workplace with their loved ones. The photographers are real pros and take wonderful pictures that capture special moments in time.

Gene Woodard
Director, Building Services, UW Facilities

2019

RAISE THE BAR SUMMER SOCIAL
Great event to enjoy sunshine, great music and time with colleagues!

Mary Schweikl
Program Administrator, Operating Resources

YOGA CLASS AT UW BOTHELL
I spend most days eating lunch at my desk, taking lunchtime to do yoga made my whole day just more pleasant. I was kinder and more productive. It was wonderful!

Robin Lynn Angotti
Associate Professor, Mathematics

2018

UW WALK WEEK
It was a great way to bond with co-workers and gave opportunities to be active on campus. We walked all over the campus and had a wonderful time!

Frankie Streeter
Facility Security Officer, Applied Physics Laboratory

2017

TAKE OUR KIDS TO WORK DAY
It makes such a difference to feel that I am welcomed on this campus as a working mother. Having this event completely made my day and made my son so excited to see where I worked. Thank you for putting this on, it truly made a difference and made me very proud to work at UW Bothell.

Sara Eleanor McDermott
Academic Counselor

2019

DARE TO DO: NEW YEAR CHALLENGE
UW WELLNESS WEEK

Thank you for putting on the Wellness Week programming. It felt SO necessary in these times. I enjoyed the fitness classes which provided a structured opportunity to focus on myself and unplug from work.

Rosa Pazhouh  
Program Operations Specialist,  
School of Medicine

HUSKY STRONG DAY

I love that the Whole U was able to put this event together virtually. I think it’s important for the community to feel like they can come together despite the pandemic. The classes that I attended were wonderful and my overall experience was positive. Thank you, Whole U!

Leanne Cornel  
Administrative Assistance,  
Anesthesiology & Pain Medicine

GET IN THE GAME SAVE A LIFE

This is a fun educational event where people can learn and have the opportunity to sign up for the registry. The Be The Match bone marrow registry literally cures cancer. For me, being an advocate for the registry helps me honor my donor, allows me to meet superheroes, and kick cancer!

Alexes Harris  
Professor of Sociology,  
UW Faculty Regent
## BY THE NUMBERS 2014-2024

### PARTICIPATION

<table>
<thead>
<tr>
<th>Participation</th>
<th>Events</th>
<th>Donations benefiting UW programs</th>
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<tbody>
<tr>
<td>545,090</td>
<td>4,382</td>
<td>$74,849</td>
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### TOP ENGAGED ORGANIZATIONS

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<thead>
<tr>
<th>UW Medicine</th>
<th>UW Office of the Provost</th>
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<tr>
<td>UW Human Resources</td>
<td>UW College of Arts and Sciences</td>
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<tr>
<td>UW Athletics</td>
<td>UW College of the Environment</td>
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<td>UW Facilities</td>
<td>UW School of Public Health</td>
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### PARTNERSHIPS

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<tr>
<th>UW Athletics</th>
<th>UW Recycling</th>
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<tr>
<td>UW WorkLife</td>
<td>UW Facilities</td>
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<tr>
<td>UW Medicine</td>
<td>UW LiveWell</td>
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<tr>
<td>UW Hall Health</td>
<td>UW Food Pantry</td>
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<tr>
<td>CARE4U</td>
<td>UW Student Life</td>
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<tr>
<td>UW Recreation</td>
<td>UW Resilience Lab</td>
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<tr>
<td>UW Sustainability</td>
<td>University Book Store</td>
</tr>
<tr>
<td>UW Counseling Center</td>
<td>UW Combined Fund Drive</td>
</tr>
<tr>
<td>UW Student Well-Being Committee</td>
<td>UW Center for Child &amp; Family Well-Being</td>
</tr>
<tr>
<td>Office of Minority Affairs &amp; Diversity</td>
<td>UW Professional Staff Organization</td>
</tr>
<tr>
<td>UW Housing &amp; Food Services</td>
<td>Harborview Resiliency Committee</td>
</tr>
<tr>
<td>UW Center for Child &amp; Family Well-Being</td>
<td>UW Professional &amp; Organizational Development</td>
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### TOP 10 EVENTS & PROGRAMS

1. Daily Moving Break 53,829
2. Weight Training Class 16,921
3. UW Photo Day 11,680
4. UW Fitness Day & Guinness World Records 10,275
5. UW Yoga Month 7,672
6. The Whole U New Years Challenge 9,422
7. National Nutrition Month 3,025
8. UW Walk Week 3,000
9. Deli Forum 1,532
10. The Power of Positivity 700

### TOP 10 SELF-PACED ACTIVITIES

1. Drinks in a Jar Handout 1,780
2. 30 Day Sustainability Challenge 1,699
3. Meals in a Jar Handout 1,616
4. Baked Snack Recipes 1,464
5. 30 Day BECU Financial Challenge 1,269
6. 5K Beginner Plan 1,140
7. Stretch at Your Desk 1,033
8. 30 Day Kindness Challenge 944
9. Building Sweet & Savory Power Bowls 834
10. 28 Day Hydration Challenge 762

### TOP 10 ARTICLES

1. Guide to NW Berries 432,627
2. Benefits of Homemade Meals 333,768
3. Making of a Healthy Breakfast 182,064
4. Juicing vs. Blending 177,307
5. What does drinking water heal? 139,788
6. Art for Self-Care 90,656
7. Making of a Healthy Lunch 64,813
8. Top 10 Hikes in WA 54,111
9. Improving Your Posture 44,908
10. Yoga for Longevity 37,512

### TOP 10 VIDEOS

1. Wine 101 368,000
2. Crows: Smarter Than You Think 16,000
3. Guided Cooking Series 11,000
4. Desk Yoga Series 10,500
5. Watercolor Painting 7,800
6. Mindful Parenting 6,400
7. Weight Training Series 5,655
8. Learn the Thriller Dance 4,000
9. Weather Forecasting 3,300
10. Restorative Yoga 2,900
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