



Wellbeing⁴business Ltd.
Leading the business of wellbeing

2020

CHALLENGE REPORT

THE CHALLENGE:

COMPLETE 30 MINUTES OF EXERCISE EVERY DAY FOR
30 CONSECUTIVE DAYS

CHALLENGE STATISTICS

190 PEOPLE

FROM 24 NHS TRUSTS/ORGANISATIONS
ACROSS THE UK

315,391 MINUTES

OF PHYSICAL ACTIVITY COMPLETED

A DAILY AVERAGE OF

55 MINUTES

PER PERSON

78% ACHIEVED

THE GOAL OF 30 MINUTES PER DAY

THE AVERAGE MOOD RATING
IMPROVED FROM

OKAY -> HAPPY



THE FINAL LEAGUE TABLES

TOP ORGANISATIONS BASED ON TOTAL MINUTES

1. EPSOM & ST HELLIER UNIVERSITY HOSPITAL - 23,124
2. GATESHEAD HEALTH NHS FOUNDATION TRUST - 22,914
3. WEST MIDLANDS AMBULANCE SERVICE - 21,625
4. NORTH EAST AMBULANCE SERVICE - 21,468
5. CWM TAF MORGANNWG UNIVERSITY HEALTH BOARD - 20,911
6. DERBYSHIRE COMMUNITY HEALTH SERVICES - 19,588
7. DUDLEY GROUP NHS FOUNDATION TRUST - 18,675
8. SOUTH LONDON & MAUDSLEY; SOUTH WEST LONDON & ST GEORGE'S NHS TRUST - 17,134
9. MID CHESHIRE HOSPITALS NHS FOUNDATION - 16,347
10. DCHS PEOPLE SERVICES TEAM - 15,537
11. UNIVERSITY HOSPITALS OF MORECAMBE BAY NHS FOUNDATION TRUST - 14,663
12. WORCESTERSHIRE HEALTH AND CARE NHS TRUST - 11,221
13. UNIVERSITY HOSPITALS BIRMINGHAM - 9,879
14. THE ROYAL MARSDEN NHS TRUST - 9,824
15. WESTERN HEALTH AND SOCIAL CARE TRUST - 8,878
16. NHS ENGLAND AND LONDON TRUSTS - 8,791
17. WEST MIDLANDS HPMMA COMMITTEE MEMBERS - 8,448
18. WHITTINGTON HEALTH NHS TRUST - 7,808
19. KINGS COLLEGE HOSPITAL NHS TRUST - 7,387
20. HOUNSLOW & RICHMOND COMMUNITY HEALTHCARE NHS TRUST - 6,596
21. THE TAVISTOCK & PORTMAN NHS FOUNDATION TRUST - 5,753
22. BLACK COUNTRY HEALTHCARE NHS FOUNDATION TRUST - 5,690
23. BOO COACHING & CONSULTING - 4,020
24. CHELSEA AND WESTMINSTER HOSPITAL - 2,280

TOP ORGANISATIONS BASED ON AVERAGE MINUTES

- UNIVERSITY HOSPITALS OF MORECAMBE BAY NHS FOUNDATION TRUST - 2,933
- NHS ENGLAND AND LONDON TRUSTS - 2,930
- GATESHEAD HEALTH NHS FOUNDATION TRUST - 2,546
- NORTH EAST AMBULANCE SERVICE - 2,147
- SOUTH LONDON & MAUDSLEY; SOUTH WEST LONDON & ST GEORGE'S NHS TRUST - 2,142
- EPSOM & ST HELLIER UNIVERSITY HOSPITAL - 2,102
- CWM TAF MORGANNWG UNIVERSITY HEALTH - 2,091
- DERBYSHIRE COMMUNITY HEALTH SERVICES - 1,959
- DUDLEY GROUP NHS FOUNDATION TRUST - 1,868
- MID CHESHIRE HOSPITALS NHS FOUNDATION - 1,816
- UNIVERSITY HOSPITALS BIRMINGHAM - 1,647
- DCHS PEOPLE SERVICES TEAM - 1,554
- KINGS COLLEGE HOSPITAL NHS TRUST - 1,477
- WEST MIDLANDS AMBULANCE SERVICE - 1,442
- WORCESTERSHIRE HEALTH AND CARE - 1,403
- BOO COACHING & CONSULTING - 1,340
- CHELSEA AND WESTMINSTER HOSPITAL - 1,140
- WESTERN HEALTH AND SOCIAL CARE TRUST - 1,110
- HOUNSLOW & RICHMOND COMMUNITY HEALTHCARE NHS TRUST - 1,099
- WEST MIDLANDS HPMMA COMMITTEE MEMBERS - 1,056
- THE ROYAL MARSDEN NHS TRUST - 982
- BLACK COUNTRY HEALTHCARE NHS FOUNDATION TRUST - 948
- WHITTINGTON HEALTH NHS TRUST - 868
- THE TAVISTOCK AND PORTMAN NHS FOUNDATION TRUST - 639

THE FINAL LEAGUE TABLES

TOP 20 INDIVIDUALS

1. RAY OLIVE
2. SARAH TAYLOR
3. LYNSEY TATE
4. NIC COULEY
5. MARY FOULKES
6. MARTA SUBOCZ
7. SARAH MORGAN
8. KAREN OBRIEN
9. KATHRYN HUGHES
10. DONNA BUSH
11. DAVE WILKINSON
12. LAURA EMSON
13. CAREN HILL
14. MICHELLE HEELEY
15. ELLANOR GLENISTER
16. BERNADETTE O'NEILL
17. CARMEN DOWNS
18. MICHELLE HURLEY-TYERS
19. KAREN WRIGHT
20. MARCELINE NDAM



“ MY PROUDEST MOMENT IS COMPLETING THE LONGEST BIKE RIDE I HAVE EVER DONE! I HAVE REALLY ENJOYED THIS CHALLENGE, IT HAS REALLY HELPED ME TO GET MOTIVATED AND STAY POSITIVE. ”

“ I FEEL FITTER, STRONGER AND MORE FLEXIBLE THAN EVER BEFORE. ”

“ I AM ENJOYING DOING SOMETHING EVERYDAY AND REALLY FEELING THE BENEFITS. ”

FROM EVERYONE AT WELLBEING4BUSINESS LTD AND HPMA, WE WANT TO CONGRATULATE YOU ON THE COMPLETION OF THE HPMA 30:30 CHALLENGE. NOT ONLY DID YOU FINISH, BUT YOU ABSOLUTELY SMASHED IT!

THE DEDICATION, SUPPORT AND HARD WORK THAT YOU HAVE SHOWN TO YOUR TEAM AND FELLOW 30:30 CHALLENGERS HAVE NOT GONE UNNOTICED.

AGAIN, THANK YOU ALL FOR A FANTASTIC EFFORT!



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