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Bethesda's walk for weight loss

Seventy-seven Bethesda Hospital staff walked the equivalent of 17 times across Australia over 16 weeks in the Global Corporate Challenge to change their lifestyles.

"There were collectively 111,290,082 steps taken by the staff here," challenge account manager Lauren Cammiss said.

"That translates into over 71,000km, equal to walking across Australia 17 times.

"During that time more than 4.5 million calories, equal to 17,892 pieces of cake or 27,000 glasses of wine, were consumed.

"Now I am not saying you

can go out and enjoy 27,000 glasses of wine, but you can enjoy the food today guilt-free."

The Global Corporate Challenge, a workplace behaviour change program to get people more active, is a 16-week virtual journey around the world.

Ms Cammiss said each team member walked 13,297 steps, or 8.5km a day, and averaged a 2.5kg weight loss.

She said the average office worker only took about 3000 steps a day.

Acting clinical and support services manager Deborah Bell topped the virtual list with 36

collected.

The hospital's 11 teams were sponsored by Credent Financial Services.

More than 250,000 people from 150 countries took part in the challenge, recording their daily activity levels on the GCC website or mobile apps.

In Australia, Bethesda ranked ninth out of 50 organisations in the health category.

Bethesda was recently notified it was the only WA hospital to qualify for a WorkSafe plan platinum certificate of achievement. That award is expected to be presented in February.



In step ... Deborah Bell, left, occupational health and safety manager Melody Miles and hospital CEO Yasmin Naglazas accept the certificate from Lauren Cammiss.