

WalkUSC Executive Summary – Fall 2025

WalkUSC was created to provide an opportunity for USC faculty and staff to engage and connect while getting active and exploring our beautiful campus. It was conceived by the findings from the USC Healthy Campus 2022 survey and from previous Health and Well-being program participants. WalkUSC kicked off on June 5, 2023.



PURPOSE

The goal was to create a culture of movement and social connection through group activity by facilitating groups of faculty and staff to walk, roll, or move in any way they prefer with WalkUSC. Groups met at designated locations on campus (or connected remotely via Zoom) and were led by trained volunteer group leaders.

PARTICIPATION

- **575 check-ins occurred** between August 25 to December 24, 2025
- **74% staff, 15% students, 7% faculty, 3% other, 1% retirees** registered from Jun. 5, 2023 through December 24, 2025
- **36 evaluations were received** August 25 to December 24, 2025

PROGRAM OUTCOMES

- **94% were very satisfied or satisfied** with the overall program
- **91% strongly agree/agree** that they were satisfied with their walk leaders
- **91% strongly agree/agree** with the amount of time allotted for the program

BEHAVIORAL OUTCOMES

- **92% strongly agree/agree** that they are confident in their ability to integrate walking in their daily life, as a result of the program
- **91% strongly/agree** that they are likely to make a behavior change, as a result of the program
- Participants reported experiencing changes as a result of participating in the program:
 - **89% increased physical activity**
 - **51% improved overall health & well-being**
 - **49% increased social connections across campus**
 - **46% improved workplace relationships**
 - **46% improved productivity at work**



I felt very supported by the USC WorkWell's Health and Well-being staff.

USC
WorkWell Center



WalkUSC

Program Summary Fall 2025



Program Overview

Fight On and walk on with your USC faculty and staff colleagues!



DESCRIPTION

WalkUSC is a walking program led by volunteer USC faculty and staff to create a culture of movement by providing an opportunity to be active and socially connect on campus.



PURPOSE & PARTICIPATION

To support social connection and well-being among USC faculty and staff.



PROGRAM COMPONENTS

Walking groups will meet at designated locations on campus and were led by trained walking group leaders using established walking routes/paths.



PROMOTIONS

WorkWell listserv, Employee Gateway, USC Events Calendar, partner announcements, Slack, etc.



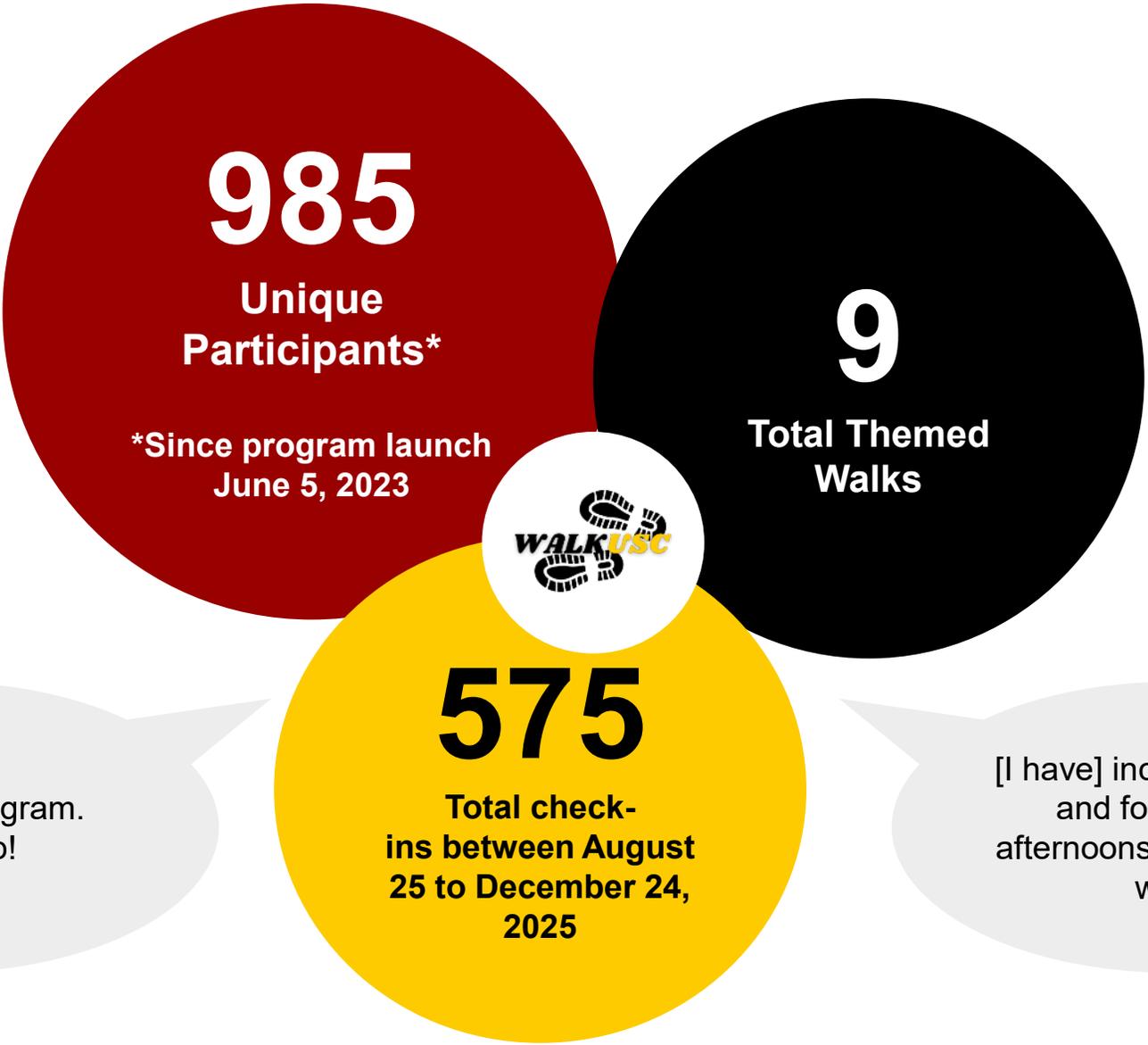
Program Schedule



	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
UPC starting location: Tommy Trojan	8 a.m. 12:30 p.m.	8 a.m. 12 p.m.	8 a.m. 11 a.m. 12 p.m.	Sustainability Stroll (9/18, 10/16, 11/20) at 2 p.m.	8 a.m. 12 p.m.
HSC starting location in parenthesis	7:30 a.m. 12 p.m.	11 a.m. (Soto 1 Lobby) 12 p.m. (Pappas Quad)	7:30 a.m. (CHP Building Lobby) 11 a.m. (Soto 1 Lobby)	11 a.m. (Soto 1 Lobby) 12 p.m. (Pappas Quad)	12:30 p.m. (Pappas Quad)
Alhambra starting location: Building A-9W	7:30 a.m.	9:05 a.m.	9:05 a.m.	7:30 a.m.	
San Diego ATRI			12 p.m. (3rd Weds of the month only)		
New! → USC Towers DTLA		9 a.m.			
New! → USC Arcadia					10:30 a.m.
Remote starting location: Participants' own locations		12 p.m. (PST)			

Program Participation

By the numbers



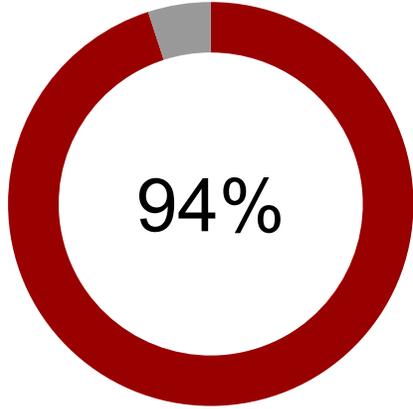
It's a great program.
Keep it up!

[I have] increased clarity
and focus in the
afternoons on the days I
walk.

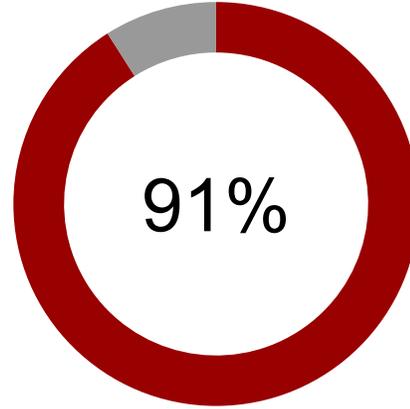


Satisfaction with the Program

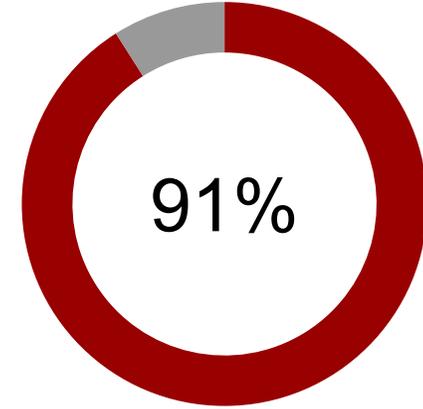
Outcomes based on post-program survey



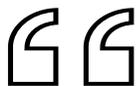
94% strongly agree/agree they were satisfied with the **WalkUSC program.**



91% strongly agree/agree they were satisfied with the **WalkUSC leaders.**



91% strongly agree/agree with the **amount of time allotted for the program.**



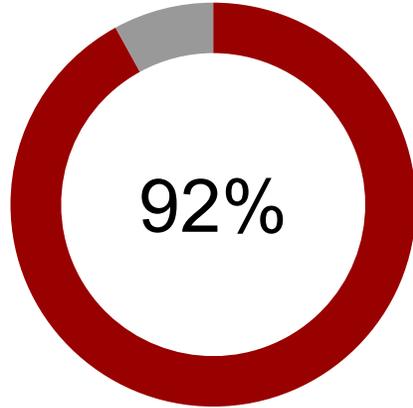
*[What changes have you observed?]
Improved health and wellness. Thank you for arranging these walks.*



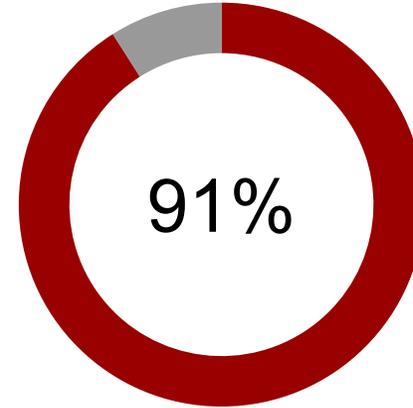


Program Outcomes

Average of outcomes based on post-program survey



92% strongly agree/agree that as a result of participating in the program, they are **confident in their ability to apply knowledge/skills in daily life.**



91% strongly agree/agree that it is **likely they will make a behavior change** as a result of attending the program.

“ I have met some great new colleagues across campus. ”



Program Outcomes

Participants reported experiencing the following changes as a result of participating in the program:

89%	Increased physical activity	51%	Improved overall health and well-being	49%	Increased social connection across campus
46%	Improved workplace relationships	46%	Improved productivity at work	46%	Improved attention and focus at work
43%	Increased healthy habits into daily routine	43%	Reduced stress	43%	Improved work-life balance
43%	Improved sense of belonging	37%	Improved mood, cognition and/or memory	34%	Increased energy levels
29%	Improved sleep	29%	Increased engagement at work	23%	Increased satisfaction with work
20%	Positive changes to blood pressure	17%	Positive changes in weight	17%	Improved personal relationships
11%	Positive changes to cardiovascular health	9%	Positive changes to cholesterol	9%	Positive changes to blood sugar levels



Top 3 facilitators or barriers participants experienced when engaging in the new behavior:

Facilitators and Barriers

1

Workload and Time- Barrier

Participants mentioned work constraints and lack of time (meetings, deadlines, classes) as a barrier to attending the walks. Participants also mentioned the weather (too hot) as a barrier.

2

Improved physical and mental health - Facilitator

Participants noted how important the walks are to their physical and mental health. Comments included how great that feel after walking, feel more focused, active and social.

3

Social Wellness and Accountability – Facilitator

Participants mention the positive benefits of the social aspects of the program. Comments include having people to walk with and adding the walk schedule into their calendar with an alarm made it easier to remember to head out in time.



In participants' own words
and with permission

I think this is a very
valuable program and
appreciate the
university's support.

I enjoy meeting up with fellow colleagues on
our Wednesday walk. It's very rewarding to
get out in the sun/fresh air, catch up and
also meet new USC staff. It is a nice way to
connect with our USC Community. It's a
nice stress release for me. Thank you!

“Thank you for offering and
organizing the WalkUSC
program! And a big thank
you to all the Walk Leaders!
:)”

I hope the WalkUSC program
continues to motivate staff to
stay active throughout the
day and to build connections
beyond their immediate work
groups.



Comments, Suggestions, and Feedback

Thanks and Appreciations

“Thank you so much for the wonderful opportunity to participate in WalkUSC today! It was such a refreshing way to step away from the office, breathe in some fresh air, and get our steps in while doing something meaningful for our health and well-being. I truly appreciate how you create these opportunities for us to connect, recharge, and feel part of the larger Trojan community. We are so fortunate to be at USC, and even more fortunate to have you both as such inspiring leaders and advocates for wellness.”

“I appreciate the anniversary walks, as I get to meet other walk leaders and participants. It was also nice to receive recognition from the WorkWell Center, my supervisor sent me a nice note about it.”

Positive Behavior Change

“Since starting the program, I have become more intentional about balancing my academic responsibilities with my overall well-being. One positive change is that I purchased a treadmill so I can walk while working remotely, which has helped me stay active, focused, and energized throughout the day.”

“I’ve been doing the walks since they started and look forward to them every week! It’s been great for my mental health and just getting to know people from other parts of campus.”

“[I’ve experienced] more daily steps, more desire to get outdoors, and increased productivity at work.”

Suggestions

“I wish more faculty come for the walk. It’s great to connect with other parts of campus. Maybe with the cooler weather, more will join. We are always so busy and wrapped up in work that we don’t get to get out of our buildings and enjoy a nature walk. Especially since most lunch times, we have our zoom meetings! But I do try to join on the days that I can. Looking forward to spring 2026 walks on UPC!”

“As a remote employee, it was difficult to engage with others during this program. I would recommend possibly pairing individuals to walk “together” using Zoom or Facetime.”



USC WorkWell Center

Group Photos



Thank You!



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