

## WalkUSC Executive Summary – Spring 2026

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

- **745 check-ins occurred** between January 5 to May 15, 2026
- **74% staff, 16% students, 7% faculty, 3% other, <1% retirees** registered from June 3, 2023 through May 15, 2026
- **58 evaluations were received** January 5 to May 15, 2026

### PROGRAM OUTCOMES

- **93% were very satisfied or satisfied** with the overall program
- **84% strongly agree/agree** that they were satisfied with their walk leaders
- **88% strongly agree/agree** with the amount of time allotted for the program

### BEHAVIORAL OUTCOMES

- **84% strongly agree/agree** that they are confident in their ability to integrate walking in their daily life, as a result of the program
- **79% 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:
  - **88% increased physical activity**
  - **61% reduced stress**
  - **61% improved sense of belonging**
  - **54% improved workplace relationships**
  - **46% improved work-life balance**



*I appreciate this program so much. Thank you for continued commitment!*

USC  
WorkWell Center



# WalkUSC

Program Summary Spring 2026



## 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



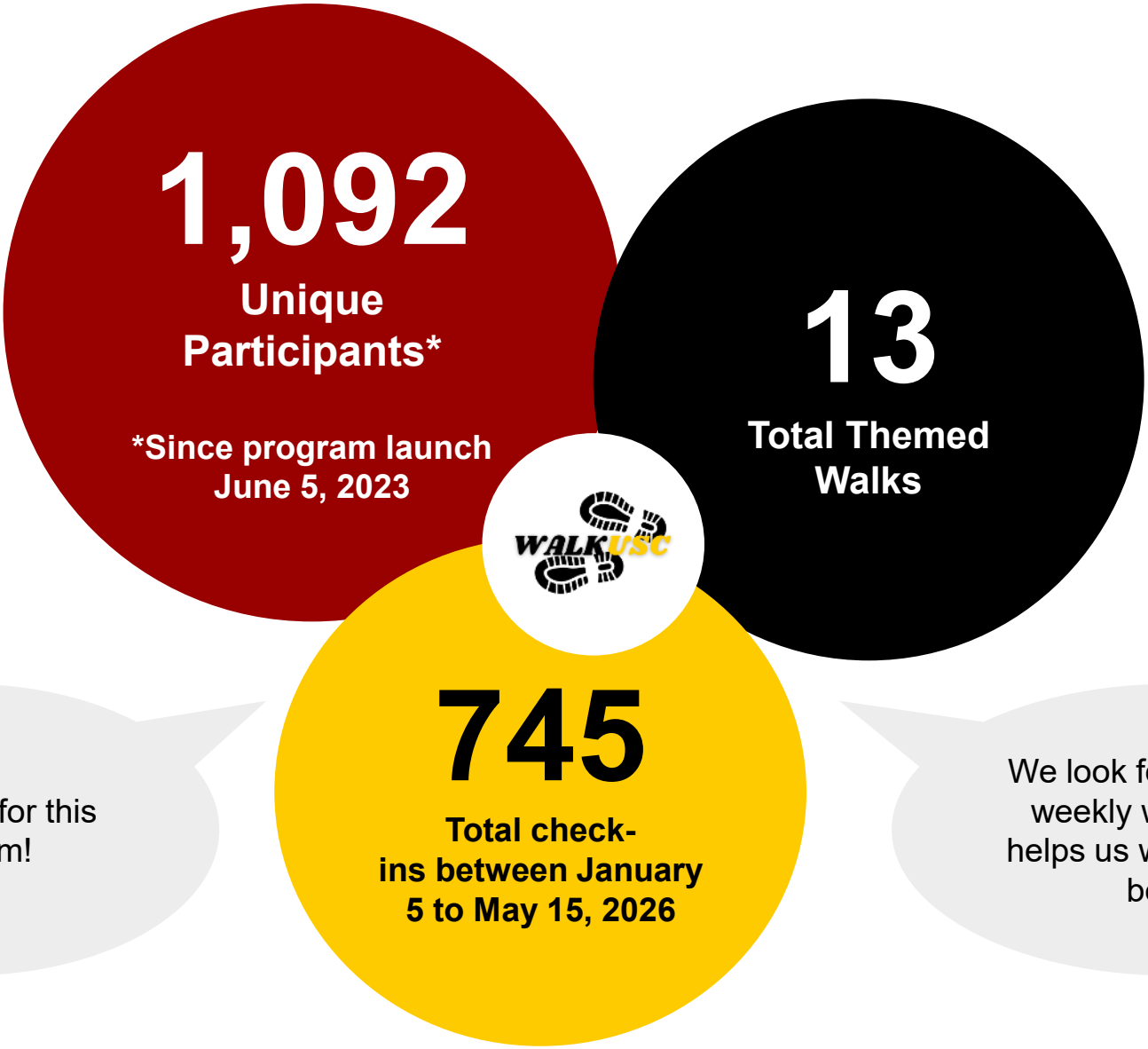
	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<b>UPC starting location: Tommy Trojan</b>	8 a.m. 12:30 p.m.	8 a.m. 12 p.m.	8 a.m.  11 a.m. 12 p.m.	Sustainability Stroll (2/26, 3/26, 4/23) at 2 p.m.	8 a.m.  12 p.m.
<b>HSC starting location in parenthesis</b>	7:30 a.m. 12 p.m.	12 p.m. (Pappas Quad)	7:30 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)
<b>San Diego ATRI</b>			12 p.m. (3rd Weds of the month only)		
<b>USC Towers DTLA</b>		9 a.m.			
<b>USC Arcadia</b>					10:30 a.m.
<b>Remote starting location: Participants' own locations</b>				12 p.m. (PST)	

New!

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Program Participation

By the numbers



\*Since program launch  
June 5, 2023

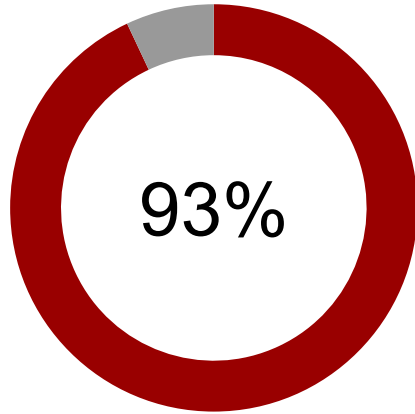
Thank you for this program!

We look forward to the weekly walks and it helps us work together better.

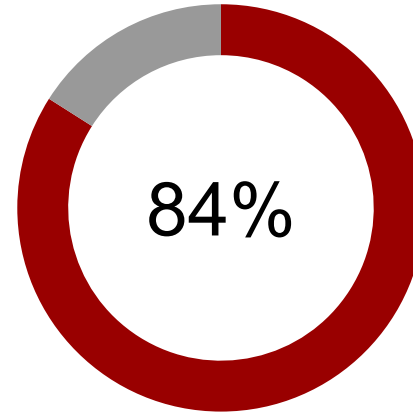


Satisfaction with the Program

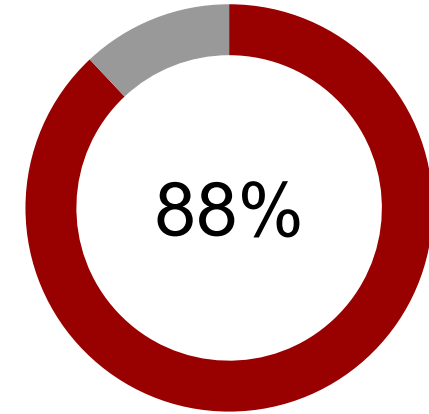
Outcomes based on post-program survey



93% strongly agree/agree they were satisfied with the **WalkUSC program.**



84% strongly agree/agree they were satisfied with the **WalkUSC leaders.**



88% strongly agree/agree with the **amount of time allotted for the program.**



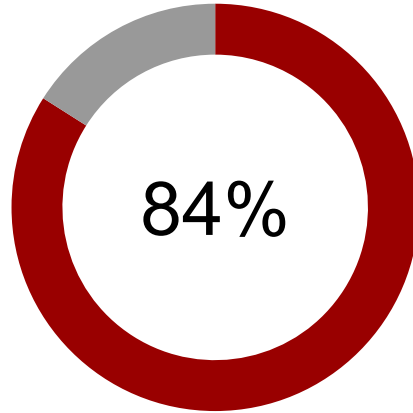
*[What changes have you observed from WalkUSC?]  
I am more aware and intentional about standing and moving around while in my office.*



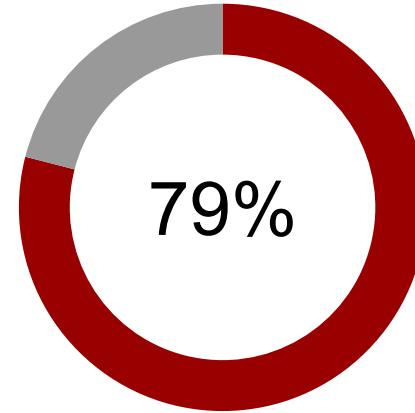


Program Outcomes

Average of outcomes based on post-program survey



84% 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.**



79% strongly agree/agree that it is **likely they will make a behavior change** as a result of attending the program.



*Love WalkUSC and other work-life balance activities.  
Thank you!*





Program Outcomes

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

<b>88%</b>	Increased physical activity	<b>61%</b>	Reduced stress	<b>61%</b>	Improved sense of belonging
<b>54%</b>	Improved workplace relationships	<b>46%</b>	Improved work-life balance	<b>45%</b>	Increased social connections across campus
<b>43%</b>	Improved productivity at work	<b>43%</b>	Improved attention and focus at work	<b>39%</b>	Improved mood, cognition and/or memory
<b>39%</b>	Increased engagement at work	<b>38%</b>	Increased satisfaction with work	<b>36%</b>	Incorporated healthy habits into daily routine
<b>34%</b>	Improved overall health and well-being	<b>27%</b>	Improved personal relationships	<b>25%</b>	Increased energy levels
<b>16%</b>	Improved sleep	<b>13%</b>	Positive changes in weight	<b>9%</b>	Positive changes to blood pressure
<b>7%</b>	Positive changes to cardiovascular health	<b>7%</b>	Positive changes to blood sugar levels	<b>4%</b>	Positive changes to cholesterol



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## 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. Finding it difficult to allow themselves a productive break when feeling drained or constrained by work and time.

2

#### **Weather- Barrier**

Participants noted the heat being a barrier for getting outside to walk. Participants suggestion earlier times to avoid too much sun exposure.

3

#### **Social Wellness and Accountability – Facilitator**

Participants mention the positive benefits of the social aspects of the program. Being around others who take walking breaks helps them to be consistent. Also, a quick walk boosts productivity, even if it is just stepping away from the desk.



In participants' own words  
and with permission

I know more people  
on campus and that is  
rewarding, something  
to look forward to.

Hope to have more opportunities to  
network and make friends with other  
people who joined the WalkUSC.  
I enjoy this program! Thank you :)

I've been with the  
program since the first  
day three years ago and  
am happy that it has been  
a success!

I participated in the remote  
walk events. I thought they  
were great. People from  
many different locations!



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Comments, Suggestions, and Feedback

**Thanks and Appreciations**

*“Kudos to the program and our leader, Julie! This program addresses one of USC's six values: wellness. Keep the program going and Fight On!”*

*“Truly appreciate this program and the people who make it possible.”*

*“The WalkUSC T-shirt was helpful for visibility. Thank you for offering incentives/rewards.”*

**Positive Behavior Change**

*“I have a stronger sense of work-life balance and feel confident about applying it to improve productivity and relationships.”*

*“I am increasing my average daily steps each year.”*

*“I am able to walk longer distances.”*

*“I have more desire to walk, increase in physical activities, better work relationships and camaraderie.”*

**Suggestions and Feedback**

*“I look forward to hearing about more efforts to promote interactions among staff members and activities to improve our overall health and well-being”*

*“I'd like to have more than just 1 [remote walk] a week. Maybe someone includes a Zoom during the other on-campus walks?”*

*“Having a walking contest between departments would be fun.”*



USC WorkWell Center

Group Photos





WalkUSC Themed Walk Spotlight – March 25, 2026

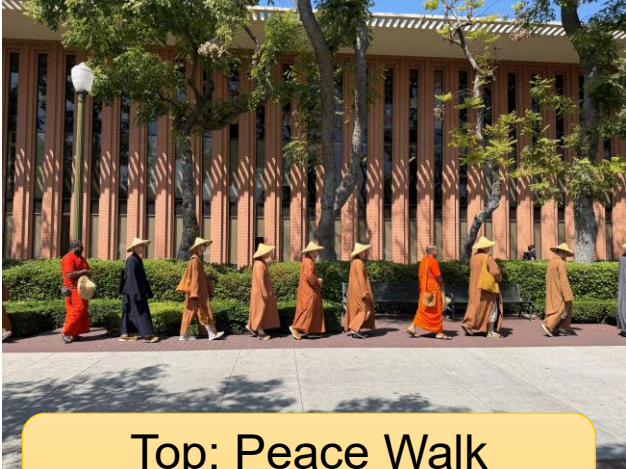
**Take a Midday Mindful Break: Walk with Office of Religious and Spiritual Life (ORSL), Mindful USC, and Yoga USC – Over 80 attended!**



Opening Remarks by Dean Soni



Dharma talk at the Bodhi Tree



Top: Peace Walk  
Bottom: Group photo





WalkUSC Themed Walk Spotlight – May 6<sup>th</sup> and May 28<sup>th</sup>, 2026

**May Mental Health Awareness Month Themed Walks**  
**Guest Leaders: Lara Hilton, Sarah Van Orman, Steve Shapiro, Steve Siegal**

Total of 71 participants



May 6<sup>th</sup>, 2026 – Dr. Lara Hilton and Dr. Sarah Van Orman led walks at UPC



May 28<sup>th</sup>, 2026 – Dr. Steve Shapiro and Dr. Steve Siegal led walks at HSC

# Program Materials



Logo

## WalkUSC Routes

## WalkUSC Flyer

## Walk Leader Interest Form

## Walk Leader Recruitment Flyer

## WalkUSC Stamp Card

University of Southern California  
**WAIVER, RELEASE AND ASSUMPTION OF RISK**

I, the undersigned, may participate in all or part of the following activity: \_\_\_\_\_ (the "Activity").

I execute this Waiver, Release and Assumption of Risk (this "Release") in consideration for being permitted to participate in all or part of the Activity and I participate in the Activity voluntarily. I understand and assume the risks and dangers in the Activity, including but not limited to: accidents, mechanical problems, crashes, sickness, hidden or obvious equipment defects or problems, theft, other participants' or people's actions, causes or terrorist acts; bad weather; fire; crashing; drowning; bodily injury; property damage; other injuries or deaths. To participate in this Activity, I hereby voluntarily agree to the terms and conditions of this Release, on behalf of myself and my heirs, executors, guardians, legal representatives, administrators and assigns (collectively "Releasee").

- I certify that I am fully capable of participating in Activity. I know of no reason, health related or otherwise, why I should not participate in the Activity. I accept full responsibility for any injuries or illnesses, including death, that I may suffer during the Activity, including, but not limited to, those resulting from any health problem I may have known or unknown to me. My healthcare provider has consented to my participation in the Activity.
- I release, discharge, agree not to sue, and waive any and all claims against University of Southern California ("USC"), their affiliates and their respective directors, officers, faculty, trustees, physicians, staff, insurers, volunteers, agents and assigns (collectively, the "Released Parties") from any and all liability or expense (including but not limited to attorneys' fees) for any and all harm, loss, personal injury, property damage, or death that may arise during, or from my participation in or attendance at the Activity, whether caused by the negligence of the Released Parties or otherwise. This Release shall apply to any expense, accident, injury, accident or death associated with the Activity.
- I understand that no participation in the Activity is entirely voluntary, and is not covered by worker's compensation nor the insurance or funds of USC. Any injuries or other harm that I suffer during or from the Activity are solely my responsibility, to be claimed through my health plan or paid by me, and I hereby agree to accept any and all such risks and dangers. I have obtained and shall maintain insurance applicable to my participation in the Activity.
- I certify that no one has made representations or promises to me to sign this document, that I understand its meaning and effect, and that I sign it of my own free will. This Release is governed by California law. If any portion of this Release is found invalid, this Release shall be enforced to the maximum extent allowed by law.

**I HAVE CAREFULLY READ AND FULLY UNDERSTAND ALL PARTS OF THIS RELEASE. THIS IS A LEGALLY BINDING DOCUMENT. I ASSUME ALL RISKS ARISING FROM THE ACTIVITY, ON BEHALF OF MYSELF AND ALL RELEASEES. I VOLUNTARILY SIGN MY NAME TO ACCEPT ALL TERMS OF THIS RELEASE.**

Signature: \_\_\_\_\_  
 Name Printed: \_\_\_\_\_  
 Date: \_\_\_\_\_

## Waiver Form from OGC

## WalkUSC Webpage

Thank You!



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