The PHS 45-Day Challenge was a physical activity challenge where each participant tried to walk at least 6,500 steps per day for a 45-day period from April 1 to May 15.

The Department of Public Health Sciences had 10 staff and faculty members participate in the 45 Day Challenge. The challenge was divided into three 15-day phases and the participants were encouraged to increase their step total by up to 1,000 steps per day, between each phase. Steps were tracked by using fitness tracking apps such as FitBit, MyFitness Pal, and iPhone Health app.

The Challenge featured incentive awards for the 1st, 2nd, and 3rd highest step totals for the 45-day period, as well as incentives for the participant with the most number of steps in an individual phase and for the most improved participant between phases.

The participants completed their steps in various activities such as taking walks during work breaks, organizing group walking breaks, family walks, jogging, basketball, and group exercise classes.

The department noted that the health and satisfaction benefits improved by:

- Increased physical activity
- Being more physically active during the work day
- Making time to take a break during work even during busy days
- Using walking for quality family time
- Spending more time outdoors
- Walking to nearby places instead of walking

Two participants increased their total steps by 90,000+ steps, while a total of three participants increased their total steps by 70,000+ steps per 15-day period. The overall group totaled 4,244,815 steps for an average of 9,433 steps per participant per day.

The Challenge resulted in increased excitement and energy. The participants are interested in similar challenges in the future and hope to do other activities such as cycling and yoga.