



DXC goes the extra Mile for Simon

Employer: DXC Technology

Area: North Tyneside

Theme: Health Month



Simon Miles' story:

As the engagement team had organised a 'Health Month', I decided to take up the challenge of being the company case study! My fitness level, running at least, was fine however I felt I could get more out of this week for me. The healthy recipes, gym memberships, pilates class, quiz and health food stalls were going to be my tools. I volunteered to be weighed, as a start, middle and finish point.

Week one (+ throughout the month)

The basics- The team put out a call for all employees to send in recipes (both text and photographs) to the site Facebook page. This formed the basis of my month's healthy eating; there were over 20 recipes sent in! There was also a huge amount of general health and nutrition information. I started by removing all of the bad food items from my diet, whilst replacing sugary drinks and coffee with green tea and water. By the end of the week, a clear 7 days, I'd lost 3.5 pounds!



Week two

So, this was 'quiz' week and fitness/sports/activity photography week, which saw the company competing in a quiz (which I was pipped to second place!) and sending in shots of activities. My running featured fairly extensively. Two pounds lost this week.

Week three

Week three involved a visit from Cobalt Exchange Gym (CBX), who brought a discounted membership for all DXC employees, a nutrition stall with recipes and samples, a brief on healthy eating and a pilates class, which tested my flexibility. In addition, the team secured 12 week long CBX passes, which I made good use of. Another two pounds lost this week!

Week four

This saw the culmination of my case study and the health week; all photographs were judged, winners announced, and prizes given, with me losing a further 1.5 pounds.

My statistics as below;

Total weight lost - 9 pounds

Total numbers of days at the gym - 12

Total number of runs - 14

Total number of health recipes made - 17

Summary

All in all, a great opportunity and experience offered! The month allowed me to build up my weight loss/healthy eating week by week, with incentives, discounts and perks for all those who took part. Ultimately however, it took some will power to achieve what I did, aided by what the team put on for us. I feel like I have achieved a huge amount, and I have not 'fallen off the wagon'! This month has truly motivated me to lead a new and healthy lifestyle. I'd like to thank the team for all their work, in particular the behind the scenes work.

