



What companies are saying



I appreciate you making this soooo easy for me. We are working very hard to keep our associates engaged in activity...Million Mile Month is a perfect vehicle for that!
Sheri Gutzmer, Sr. Benefits Administrator, Toyota Gulf States



"Million Mile Month really helped our employees understand that Sysco truly does care about their health and wellness. We could not be happier with this initiative and look forward to participating for years to come."
– *Mike Kauffman, Wellness Coordinator, Sysco*



"We look forward to working with you and growing our efforts together. We see great value in our partnership and are looking forward to MMM 2015."
– *Catherine Oliveros, Director of Community Affairs, Blue Cross Blue Shield of Texas*



"We are proud to participate and support Million Mile Month. Our company and employees look forward to this coming April."
– *Katie Stolp, Employee Comm. & Community Relations Manager, Silicon Labs*



What participants are saying

Highly Engaged Users

Survey responses from over 950 participants in less than 48 hours said:

- 80% increased their physical activity
- 52% said they ate healthier
- 95% said the website is easy to use

Participant Story

- “Million Mile Month was the push I needed to kick-start a healthy habit. Unlike fun-runs and one day events, it's ongoing and long term.”
- “My son and I signed up together. I lost 15 pounds and my son lost 20! We continue to exercise and eat right every day, and this program has brought us closer together.”
- I am type 2 diabetic. This has encouraged me to eat better, lose weight, and walk more. To date I have lost 25 lbs.



Who is participating

Just a few examples of participating organizations from across the globe:

corporate



government



education



fitness



media

