

Wellness Case Study by Change Anything



Change Anything makes an organizational impact by focusing on the change efforts of individuals. We work on changing status quo behaviors because they are success-limiting factors that can only lead to status quo outcomes. We conducted a case study to test how our powerful methodology and product can influence a healthier workplace and workforce (ROI).

What We Did:

1. We invited two organizations, the Federal Aviation Administration and the American Association of Critical-Care Nurses, to participate in a wellness campaign. Participants self-selected into the program.
2. Each participant chose between plans to “Eat Healthier” or “Lose Weight” and we tracked their progress for 60-days.

Key Findings:

- **50%** of participants said their health improved as a result of the program
- Participants were asked to measure how much of their workday was negatively affected by their personal health; this statistic improved by **25%** after the program
- Participants lost an average of nearly **5 pounds** over the 60-day period
- Prior to the program, **43%** of participants said that their health positively affected their relationships at work; this jumped to **63%** after the program
- **58%** of participants said that during the program their attitudes at work had been positively affected by their health habits

Participant Comments:

“It made me aware of influences that affect how I eat. I now consciously evaluate what I put in my body. Although I still struggle with portion sizes, especially with desserts, I am not blind to this problem. Knowing this influence, I can make decisions on facing this struggle.”

“Change Anything has helped me to be more consistent and focus more on my goals.”

“It helped me change my outlook on dieting and helped me be more consistent with logging in what I eat. It was good knowing that someone is tracking your efforts and it was especially nice when my coach congratulated me for losing the first 4 pounds. I have a ways to go but at least I am heading in the right direction.”

“It was a kickstart at a time when I needed it.”



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