



Dean's Undergraduate Research Fellows

Fall 2005

Title: The Effects of an Employee Walking Program on Physical Activity and Body Mass
Student: Catherine Gwinn
Faculty Mentor: Margaret Mazzone, PT, MS

Description of Project:

This project will involve active participation by Catherine Gwinn in the collection and analysis of the data collected throughout outcome assessment in the Daemen College Employee Walking Program implemented through the employee wellness initiative: *Daemen On the Move*. Catherine will collect data regarding changes in body mass index (BMI), percent body fat, and change in physical activity measured in number of daily steps over an eight week intervention period. Participants in the *Daemen On the Move* Walking Program will be tracking their daily steps through the use of a pedometer and submit progress through the use of a walking log.