



Purple Steppers are all employees at the University of Northern Iowa. We are in 3 different departments on campus but the majority of us are in the same step class off-campus. Three of us were regulars [one was the instructor] before Live Healthy UNI but now there are regularly five of us at the step class and two in a cycling class at that time.

One of our members will send an e-mail on Monday stating her plans for exercise for the week. Then each one of us will respond with our commitment for the week. Throughout the week we will send each other e-mails saying "See you at class tonight" to help us stay accountable. Some of us have pedometers so we check in with each other to see how many steps we've taken for the day. I have definitely noticed a great camaraderie among us.

Our sign says: To keep up with the college students at UNI! Go Purple Steppers!

Being around young, active college students is a great incentive to get and stay healthy and active. We plan to take an "after" picture at the end of the 100 days.