



Rand Worldwide Employees Take Healthy Steps, Leaps & Bounds Forwards

*Security camera catches executives
running down corridors to increase pedometer readings*

FRAMINGHAM, MA – August 7, 2012 — [Rand Worldwide](#) (OTCBB: RWWI), a global leader in providing technology solutions to organizations with engineering design and information technology requirements, today celebrates the accomplishments of all the employees who kept pace in the corporate 10,000 Steps-a-Day Challenge. The goal of this voluntary health and wellness initiative for employees across North America was to increase their physical activity.

Equipped with a pedometer for eight weeks, employees tracked their daily steps, recorded them online, and then received professional coaching tips and fun facts via email. Almost half of the employees actively participated, but the number of female participants was more than double that of males. Although this specific health and wellness program ended in July, employees are encouraged to continue on their own with a personalized program.

After tracking every movement, including walks to the kitchen for snacks, participants took a total of 26,981,820 steps which translates to 12,432 miles or 20,007 kilometers. This also equates to burning approximately 1.5 million collective calories during the eight week program.

An inspired executive vice president said this program helped him lose 20 pounds and played a key role in painlessly adopting a healthier lifestyle. An unnamed source from the accounting department was quoted as saying, "If only we had a dollar for every step we took."

Continually taking great strides both for the business and personal health, Rand Worldwide CEO, Marc Dulude says "Our people have the technical capabilities relative to the speed of an Olympic sprinter, but, there's no defying the statistics that we all could benefit from a little more exercise. We wanted to inject some fun into the daily routine while helping our employees improve their heart health and happiness levels. It's been invigorating to see the changes that eight weeks of friendly competition has provided."

Based on the success of this initiative, the company is currently asking employees what other additional health and wellness programs they would appreciate.

About Rand Worldwide

[Rand Worldwide](#) is one of the world's leading professional services and technology companies for the engineering community, targeting organizations in the building, infrastructure, and manufacturing industries. The company advances the way organizations design, develop, and manage building, infrastructure, and manufacturing projects. *Fortune 500* and *Engineering News Record's* Top 100 companies work with Rand Worldwide to gain a competitive advantage through technology consulting, implementation, training, and support services. One of the world's largest integrators of Autodesk software, the company also provides data archiving based upon solutions from Autonomy, facilities management software from ARCHIBUS, CAD and PLM courseware through their ASCENT division and provides training and support solutions on Dassault Systèmes and PTC products.

Any and all trademarks making reference to or related to Rand Worldwide, IMAGINiT Technologies, ASCENT, Rand Secure Archive, or IMAGINiT Clarity, are registered and/or owned by Rand Worldwide, Inc., and/or its subsidiaries, affiliates, and/or other legal holders.

###

Media Contacts:

Rand Worldwide Contact

Chantale Marchand
Rand Worldwide
Phone 1-508-663-1411
cmarchand@rand.com

Public Relations Contact

Cyrus Mavalwala
Cross Border Communications
Phone +1 (416) 848-1885
cyrus@crossborderpr.com