

Staff Wellness Needs/Interest Survey

One of the first tasks that our RPE Wellness Council must complete is a Staff Wellness Needs/Interest Survey. You do not need to put your name on this paper. Please check all items listed that are of interest to you and you would want to participate in OR lead. Add any other ideas at the bottom.

- Have your body mass index (BMI) calculated
 - I can do the calculations OR I can give you the formula
- Have your height and weight taken
 - I can do this or you can do on your own
- "Classes"
 - Pilates
 - Toning with the use of hand weights/exercise bands
 - Use of exercise balls
 - Toning classes
- Pedometers
 - Simply to use on your own/chart to track steps
 - Group "competitions"
- Walking
 - Walking "trails" and maps of the neighborhood
 - Walking buddies
- "Sports"
 - Volleyball
 - Other ideas?
- Recipe Swaps
 - Exchange of EASY, quick recipes that are nutritionally healthy
 - Conversion of existing recipes to healthier recipes
- Healthy Snacks – to curb those after school cravings
- Other ideas
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