

Staff Interest Survey

Thank you for completing this survey. Your input will help shape the district's wellness activities. All responses will be kept confidential.

Scale Definition: P - Poor F - Fair G - Good VG - Very Good E - Excellent

1. At this moment in time, how would you describe your health P F G VG E

If you were to take part in wellness activities, how would you rate your interest in the following:

2. Walking activities

Very High High Neutral Low Very Low

3. Healthy eating support

Very High High Neutral Low Very Low

4. Stress reduction activities

Very High High Neutral Low Very Low

5. Yoga

Very High High Neutral Low Very Low

6. Fitness challenges

Very High High Neutral Low Very Low

7. Video-based exercise

Very High High Neutral Low Very Low

Other (please specify)

Which of the following health topics would you like to know more about?

8. Physical activity Y N

9. Healthy eating Y N

10. Healthy cooking Y N

11. Healthy food alternatives in the classroom Y N

12. Heart health/blood pressure Y N

13. Women's health Y N

14. Men's health Y N

Untitled - 2

Continued: Which of the following health topics would you like to know more about?

15. Stress management Y N
Other (please specify)

Which of the following would you be likely to use here at the school district?

16. Stability ball
17. Yoga mats
18. Dance Dance Revolution (DDR)
19. Video-based exercise groups
20. Morning swimming
21. Weight room
22. Gym

If opportunities were available to participate in wellness activities through the district, what times would be acceptable?

23. Before work
24. During the workday on break
25. During lunch
26. After work
27. None of the above

What other things can the district do to promote good health among employees?

Thank you.