

Parkside High School Wellness Program
Survey 2009 - 2010

Name _____

Circle all answers that apply to you, and add any comments where space is provided.

1. How would you like the wellness program to promote healthy nutrition?

- a. Monthly newsletter
- b. On a PHS wellness website
- c. Guest presenters bringing samples
- d. Recipes
- e. Other:

2. What is your physical activity goal at the start of this year?

- a. Engage in regular physical activity and reduce sedentary activities
- b. To reduce the risk of chronic disease in adulthood
- d. To help manage body weight and prevent gradual, unhealthy body weight gain in adulthood
- e. To sustain weight loss in adulthood:
- f. Achieve physical fitness

3. Do you smoke cigarettes?

- a. Never
- b. Sometimes
- c. Frequently
- d. Would you like resources to help quit or help someone else quit?

4. What preventive health check ups would you like the wellness program to promote?

List all:

5. Would you be interested in participating in an after school intramural program with students and staff one day per week for about a month or two in the Fall and Spring:

- a. Table tennis
- b. Volleyball
- c. 3 on 3 basketball
- d. Basketball shootout
- e. Disc Golf in the park
- g. Other:

6. What new activities would you like the wellness program to promote this year to increase staff participation?

List all:

7. While continuing to foster camaraderie and teamwork, how can the wellness program better improve school climate amongst staff this year?

List ideas:

8. How would you like to receive updates to the wellness program this year?

- a. Through email
- b. Channel 27
- c. Bulletin board in the faculty lounge
- d. A new website
- e. Morning announcements
- f. From team leaders
- g. Other:

9. Would you like to participate in a Biggest Loser Contest this year?

- a. For 10 weeks ending before winter break
- b. For 20 weeks starting after winter break
- c. No thanks