

Staff Wellness Questionnaire

Please take a minute to answer the following questions and return to Marcia Schmidt's P O box by April 5th. Thanks

1. How would you rate your physical activity level in the past 6 months?
 - Sedentary-sitting standing, driving, walking, reach
 - Moderate-exercise 1 day per week, sometimes 2 days/week
 - Active-moderate physical work, climbing stairs, exercise 2-3 days/week
 - Very Active-heavy physical work, regular exercise 4+ days/week

2. What types of physical activity are you involved in currently?
 - Aerobics
 - Jogging/running
 - Stairmaster stepper
 - Stationary bike
 - Step Aerobics
 - Strength Training
 - Swimming
 - Treadmill
 - Walking
 - Other

3. Do you consider your daily routine to be
 - Very stressful
 - Somewhat stressful
 - Not stressful

4. Do you practice any relaxation skills to alleviate the tension? ___yes ___no

5. Do you consider your diet to be
 - Excellent
 - Good
 - Average
 - Poor

6. Would you be interested in participating in any of the following activities
 - Heart Healthy Cooking
 - Tai Chai
 - Yoga
 - Cardio room
 - Weight Room
 - Massage
 - Other

Return by Thur. April 5