

## Employee Wellness Interest Survey

This short survey is designed to determine employees' interests, while at the same time giving employees a chance to better understand the concept of a wellness program. This information will be used to plan health and wellness activities. All responses will be kept anonymous.

For each of the following, please indicate your level of interest in participating:

Healthy Activities	Very interested	Might be interested	Not interested
Developing a personal fitness plan			
Aerobics/Pilates/fitness classes			
Improving balance, flexibility, muscle endurance			
Dancing, Zumba, Line Dancing, etc.			
Team sports, winter sports			
Walking and/or Running Program			
Strength training			
Yoga			
Bicycle, trail riding, hiking			
Fitness Testing			
Health screenings (blood pressure, blood sugar, cholesterol, BMI, etc)			
Other (list):			
Other (list):			
Weight Management Informational sessions			
Stress Management			
A Weight management program such as Weight Watchers			
Healthy cooking and meal planning			
Label and menu reading			

# Employee Wellness Interest Survey

For the following, please select one number for each question:

**4= Very likely, 3= Somewhat likely, 2= Not very likely, 1= Not at all likely**

1. I would buy heart-healthy snacks during the day if they are available (for example, pretzels, yogurt, fresh fruit, 100 percent juice, dried fruit, etc.).

**4      3      2      1**

2. During my planning time or before or after school, I would participate in a physical activity like stretching, aerobics, yoga or walking if there were a place to do it.

**4      3      2      1**

3. During my planning time or before or after school, I would participate in a physical activity like stretching, aerobics, yoga or walking if there were a group of us.

**4      3      2      1**

4. I would eat fruits and vegetables if available at our staff meetings.

**4      3      2      1**

5. I would participate in group activities encouraging healthy eating or physical activity if they were offered to staff.

**4      3      2      1**

6. I would like to get at least 30 minutes of physical activity most days of the week.

**4      3      2      1**

7. I would participate in a health promotion program for staff if it were offered.

**4      3      2      1**

8. I would be more likely to participate in a health promotion program for staff if there were incentives such as (please list): \_\_\_\_\_

**4      3      2      1**

9. I would read health tips (articles, recipes, information on upcoming events) via email, bulletin board, newsletter or other source.

**4      3      2      1**

10. I would like to improve my eating habits.

**4      3      2      1**

11. I would participate in wellness activities before school.

**4      3      2      1**

12. I would participate in wellness activities right after school.

**4      3      2      1**

**Suggestions and comments are welcome. Please use the back of this sheet of paper.**

If you want to know more about this program and how you can help, please contact \_\_\_\_\_.

*Sources: Adapted from Tompkins County, New York, Worksite Wellness Program Working Well Works, Arkansas Department of Health, and WEA Trust.*