<http://www.surveymonkey.com/s/85TWXF7>

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |
| --- |
| Response Summary  |

 |  |

|  |  |
| --- | --- |
| **Total Started Survey:**  | **27** |
| **Total Finished Survey:**  | **27 (100%)** |

 |

**Page: 1**

| **1. Which one of the possible Wellness tools would you prefer?** |
| --- |
|  | **answered question** | **27** |
|  | **skipped question** | **0** |
|  | **ResponsePercent** | **ResponseCount** |
| **Onsite workout facility** | http://www.surveymonkey.com/i/t.gif | 18.5% | 5 |
| **Health & Wellness lectures** | http://www.surveymonkey.com/i/t.gif | **51.9%** | **14** |
| **Improved nutrition in food offerings onsite** | http://www.surveymonkey.com/i/t.gif | 33.3% | 9 |
| **Onsite Disease Screening by Physician** | http://www.surveymonkey.com/i/t.gif | 3.7% | 1 |

| **2. What currently gets in the way of exercising?** |
| --- |
| **Lack of time** | http://www.surveymonkey.com/i/t.gif | **55.6%** | **15** |
| **Lack of energy** | http://www.surveymonkey.com/i/t.gif | 7.4% | 2 |
| **Lack of motivation** | http://www.surveymonkey.com/i/t.gif | 51.9% | 14 |
| **Lack of information** |  | 0.0% | 0 |

| **3. What type of exercise options would you like available?** |
| --- |
| **Yoga room** | http://www.surveymonkey.com/i/t.gif | 7.4% | 2 |
| **Stairmaster/Treadmill/Stationary bike** | http://www.surveymonkey.com/i/t.gif | **59.3%** | **16** |
| **Free Weights** | http://www.surveymonkey.com/i/t.gif | 51.9% | 14 |
| **Walking Train** | http://www.surveymonkey.com/i/t.gif | 7.4% | 2 |

| **4. Would you attend fitness classes on site if they were offered?** |
| --- |
| **Yes** | http://www.surveymonkey.com/i/t.gif | **88.9%** | **24** |
| **No** | http://www.surveymonkey.com/i/t.gif | 3.7% | 1 |
| **Occasionally** | http://www.surveymonkey.com/i/t.gif | 7.4% | 2 |

| **5. What time of day would be best for offering fitness classes?** |
| --- |
| **Before work (7:00 a.m.)** | http://www.surveymonkey.com/i/t.gif | 25.9% | 7 |
| **At lunchtime (12:00)** |  | 0.0% | 0 |
| **Directly after work (4:15 p.m.)** | http://www.surveymonkey.com/i/t.gif | **74.1%** | **20** |

| **6. Which classes are you most interested in?** |
| --- |
| **Circuit Training** | http://www.surveymonkey.com/i/t.gif | 44.4% | 12 |
| **Spin** | http://www.surveymonkey.com/i/t.gif | **59.3%** | **16** |
| **Yoga** | http://www.surveymonkey.com/i/t.gif | 11.1% | 3 |
| **Pilates** | http://www.surveymonkey.com/i/t.gif | 7.4% | 2 |

| **7. What specialty meals would you suggest for our cafeteria?** |
| --- |
| **Gluten free** | http://www.surveymonkey.com/i/t.gif | **77.8%** | **21** |
| **Vegetarian** | http://www.surveymonkey.com/i/t.gif | 25.9% | 7 |
| **Vegan** |  | 0.0% | 0 |
| Other (please specify) | 0 |

| **8. Would you participate in onsite lectures regarding any of the following topics?** |
| --- |
| **Diabetes** | http://www.surveymonkey.com/i/t.gif | 3.7% | 1 |
| **Weight Management** | http://www.surveymonkey.com/i/t.gif | **74.1%** | **20** |
| **High Blood Pressure** | http://www.surveymonkey.com/i/t.gif | 3.7% | 1 |
| **Diet & Nutrition** | http://www.surveymonkey.com/i/t.gif | 44.4% | 12 |

| **9. Would you participate in confidential onsite physician screenings for the following?** |
| --- |
| **Blood pressure** | http://www.surveymonkey.com/i/t.gif | 3.8% | 1 |
| **Weight/Body Mass Index** | http://www.surveymonkey.com/i/t.gif | **92.3%** | **24** |
| **Diabetes** |  | 0.0% | 0 |
| **Dermatology** | http://www.surveymonkey.com/i/t.gif | 15.4% | 4 |

| **10. Which of these specialty programs that you would like access to?** |
| --- |
| **Smoking cessation** | http://www.surveymonkey.com/i/t.gif | 18.5% | 5 |
| **Stress Management** | http://www.surveymonkey.com/i/t.gif | **66.7%** | **18** |
| **Back Health** |  | 0.0% | 0 |
| **Preventive Care** | http://www.surveymonkey.com/i/t.gif | 33.3% | 9 |