

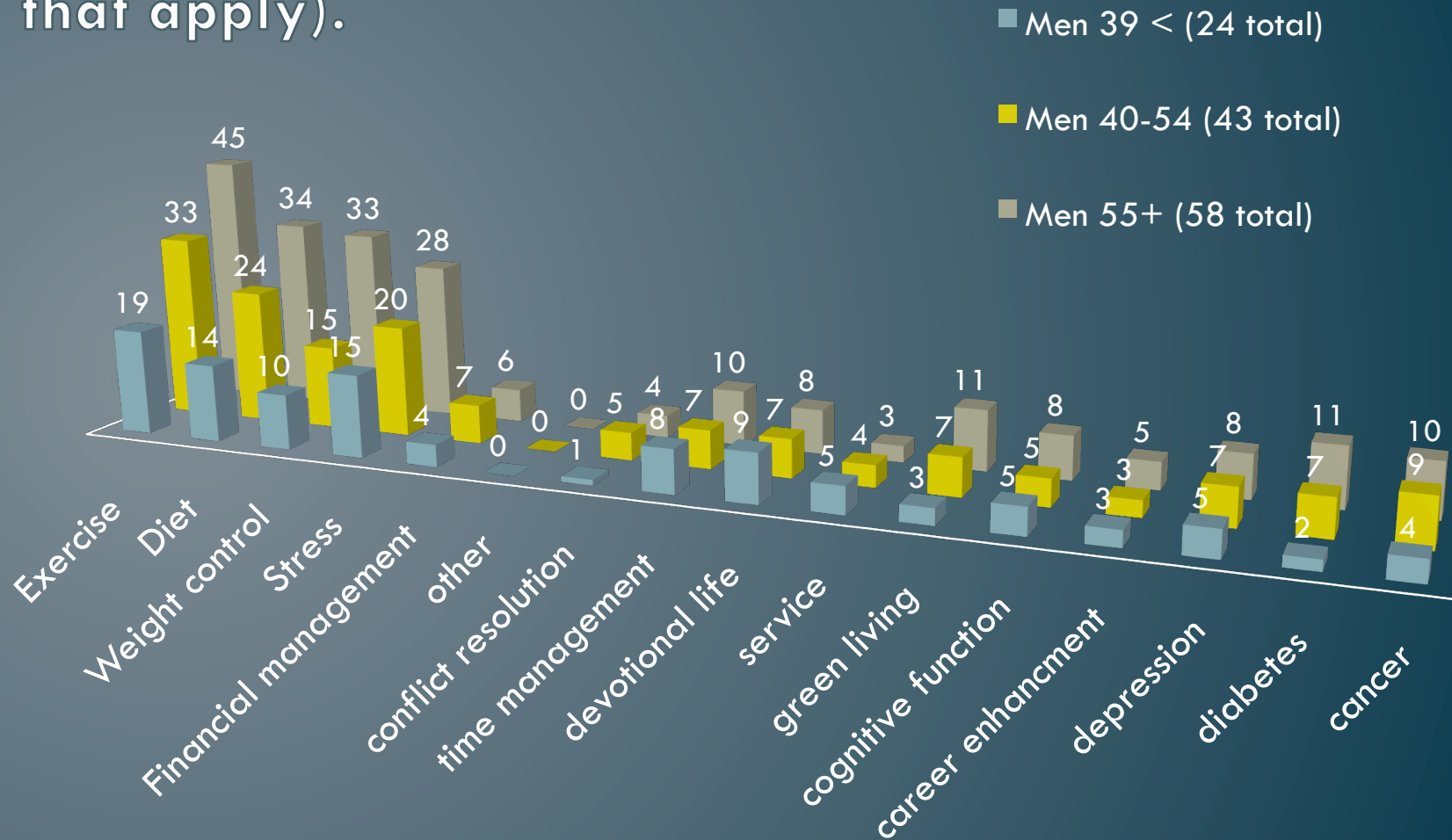
# 2013 Employee Wellness Assessment Survey Results

Prepared by Joseph Giampa

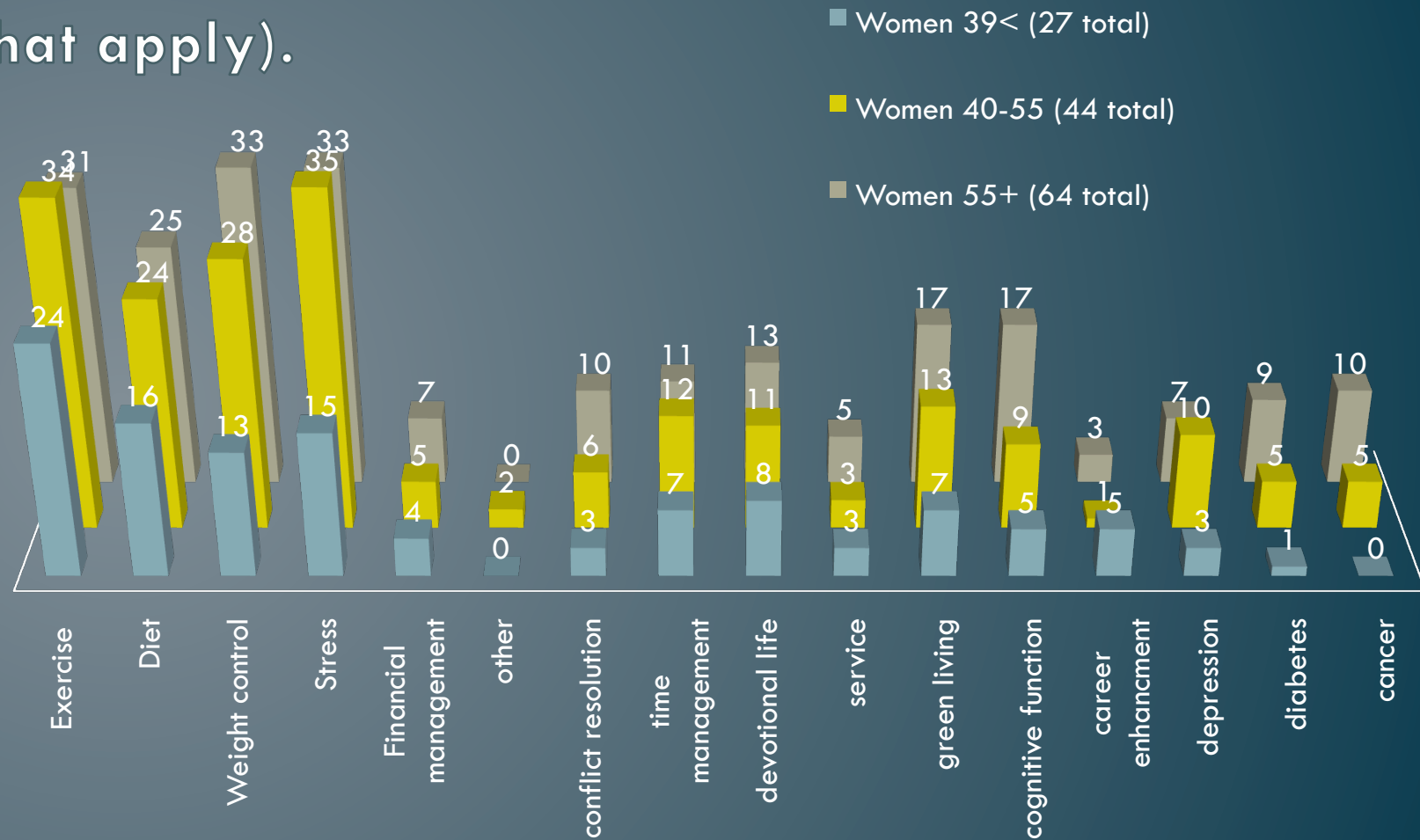
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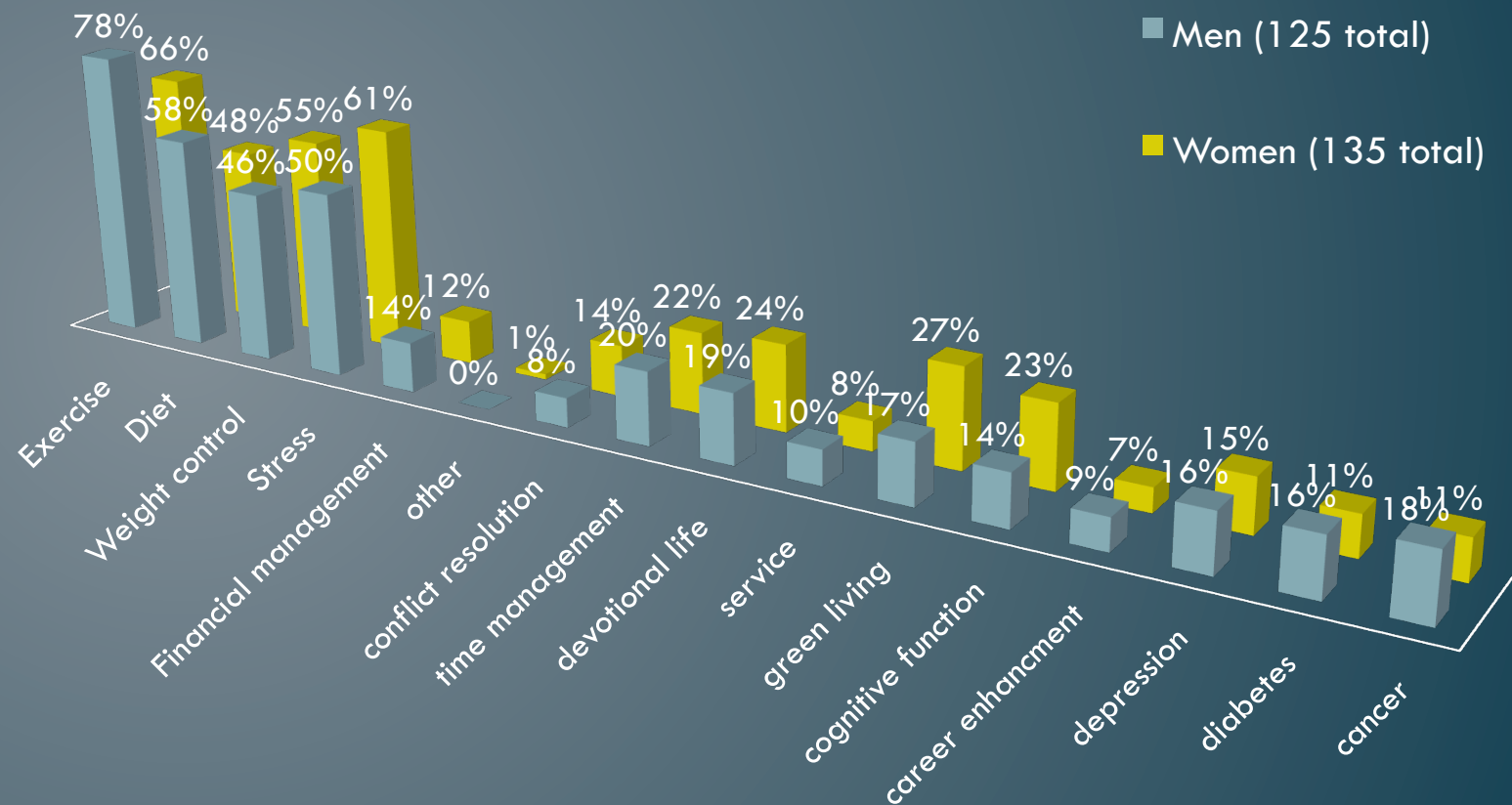
1. Check the topics that you would like the employee wellness committee to focus on (check all that apply).



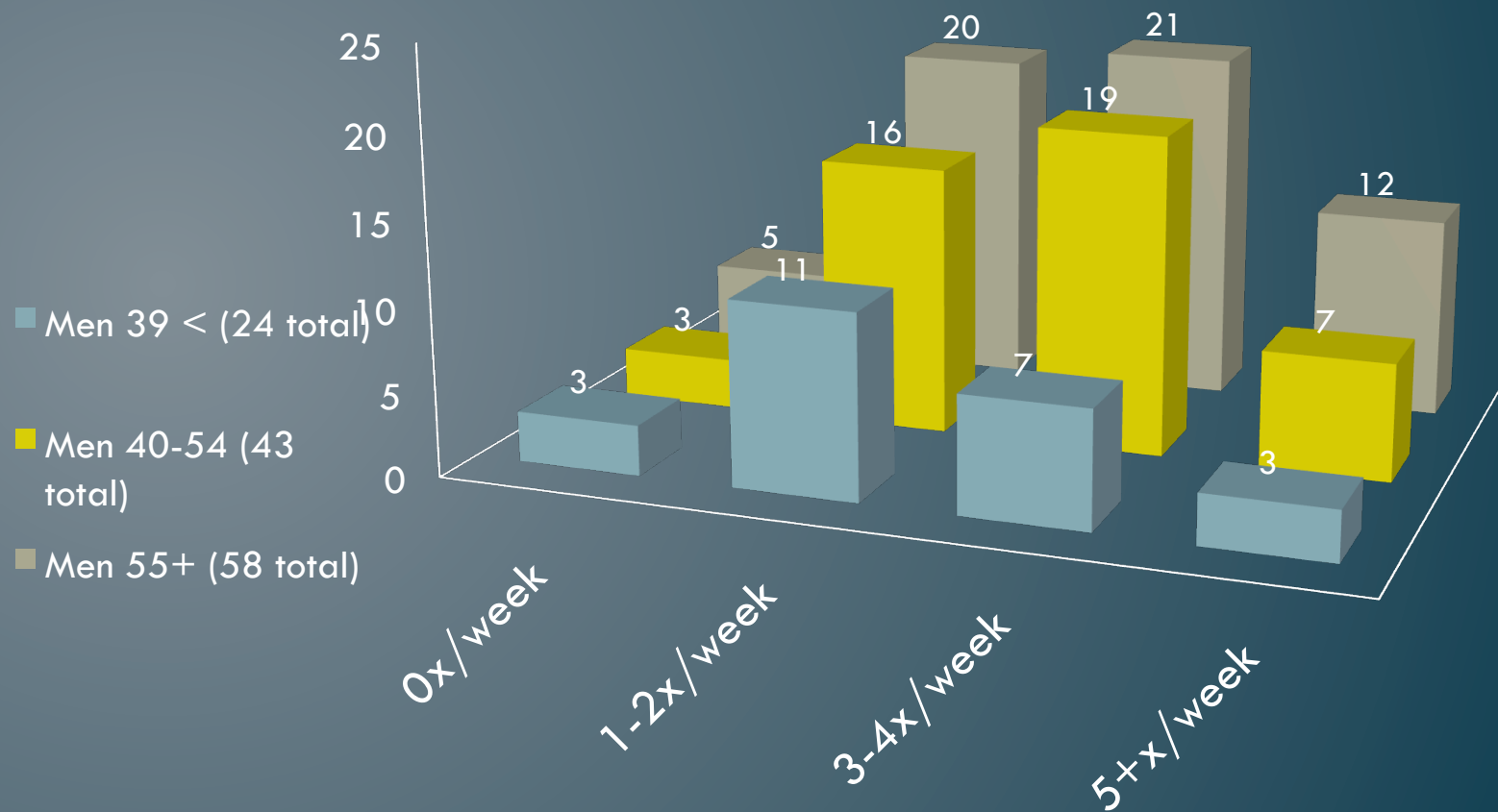
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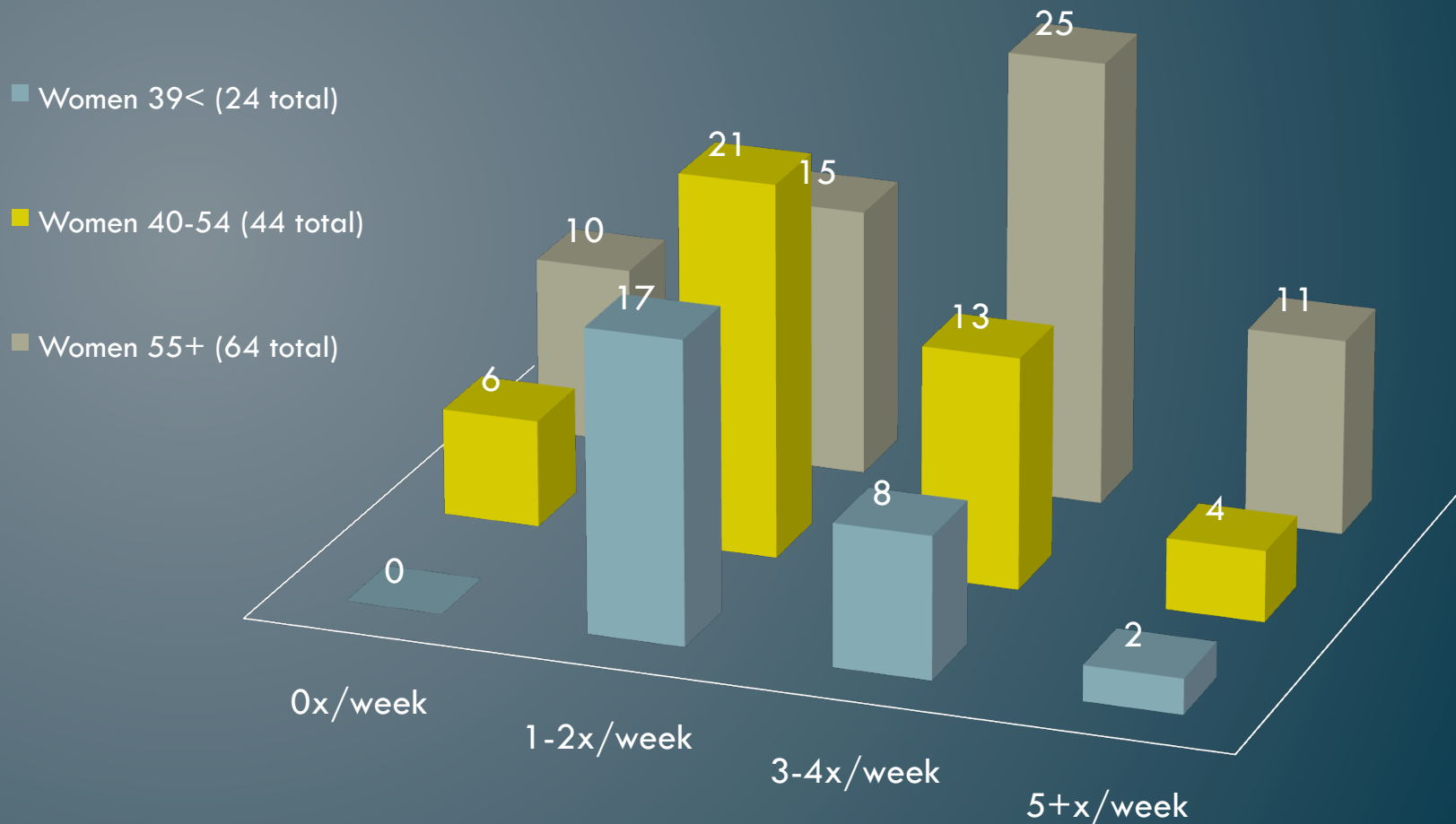
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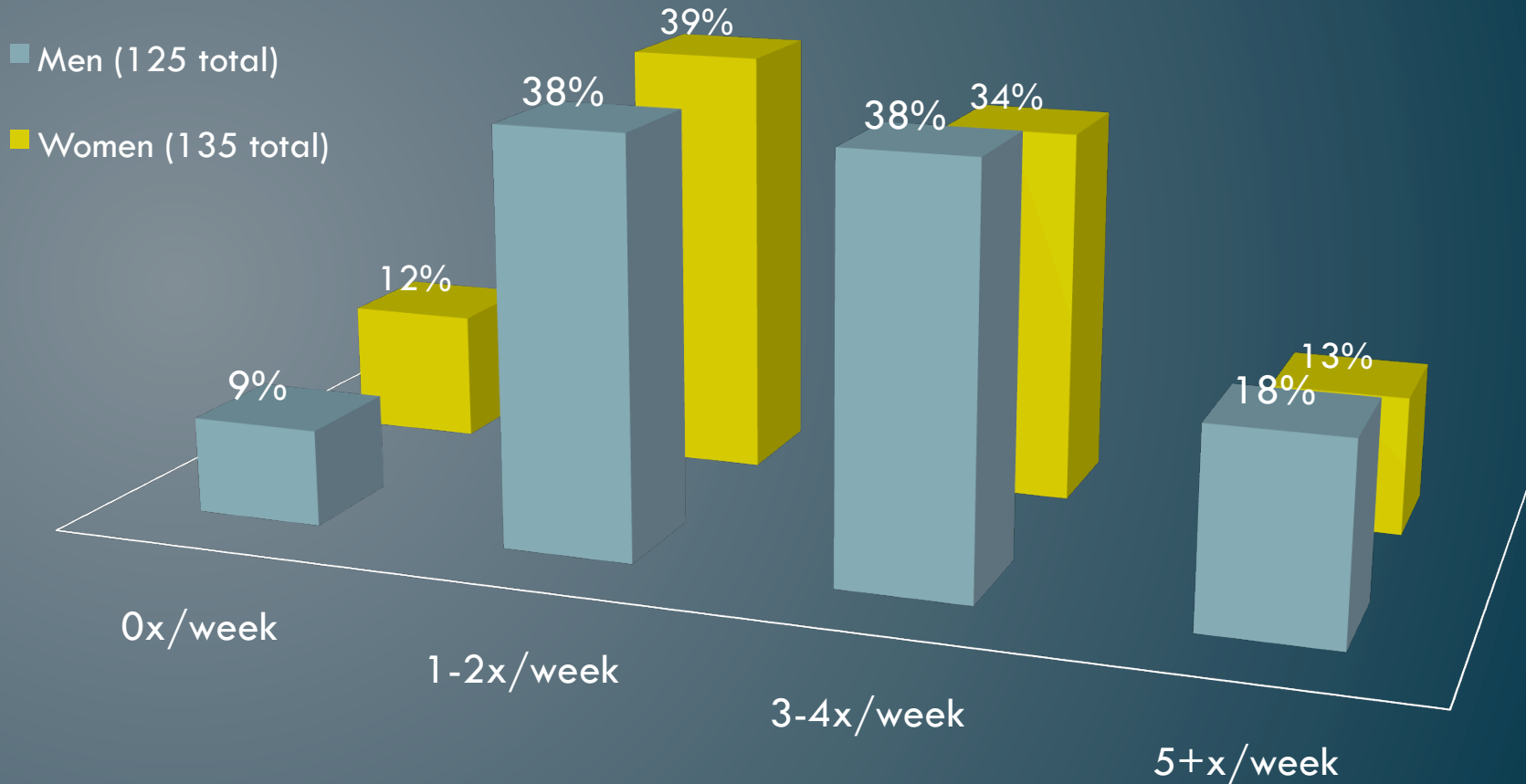
2. In a typical week, how many days do you exercise for at least 30 minutes and do so hard enough to break into a sweat as you exercise (check one)?



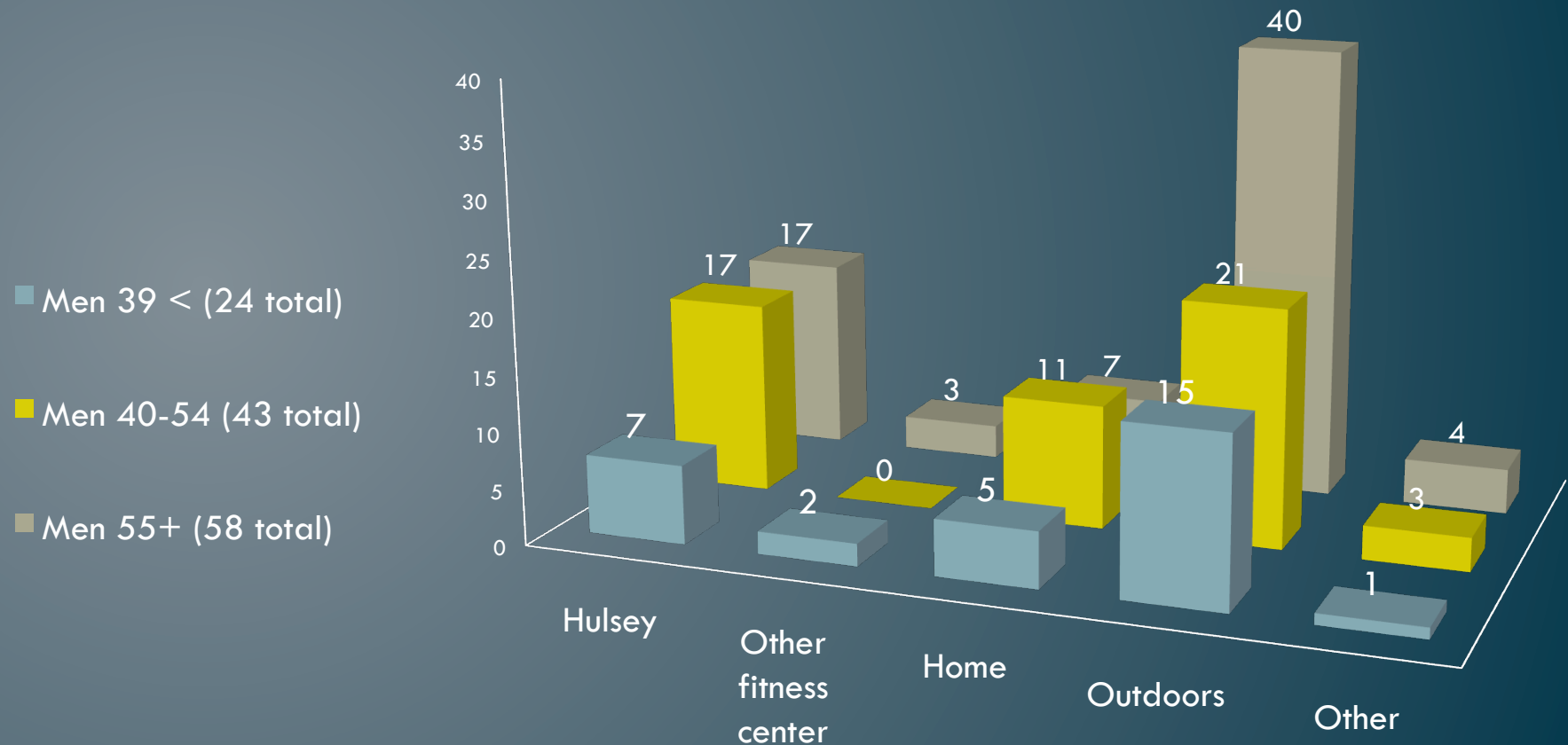
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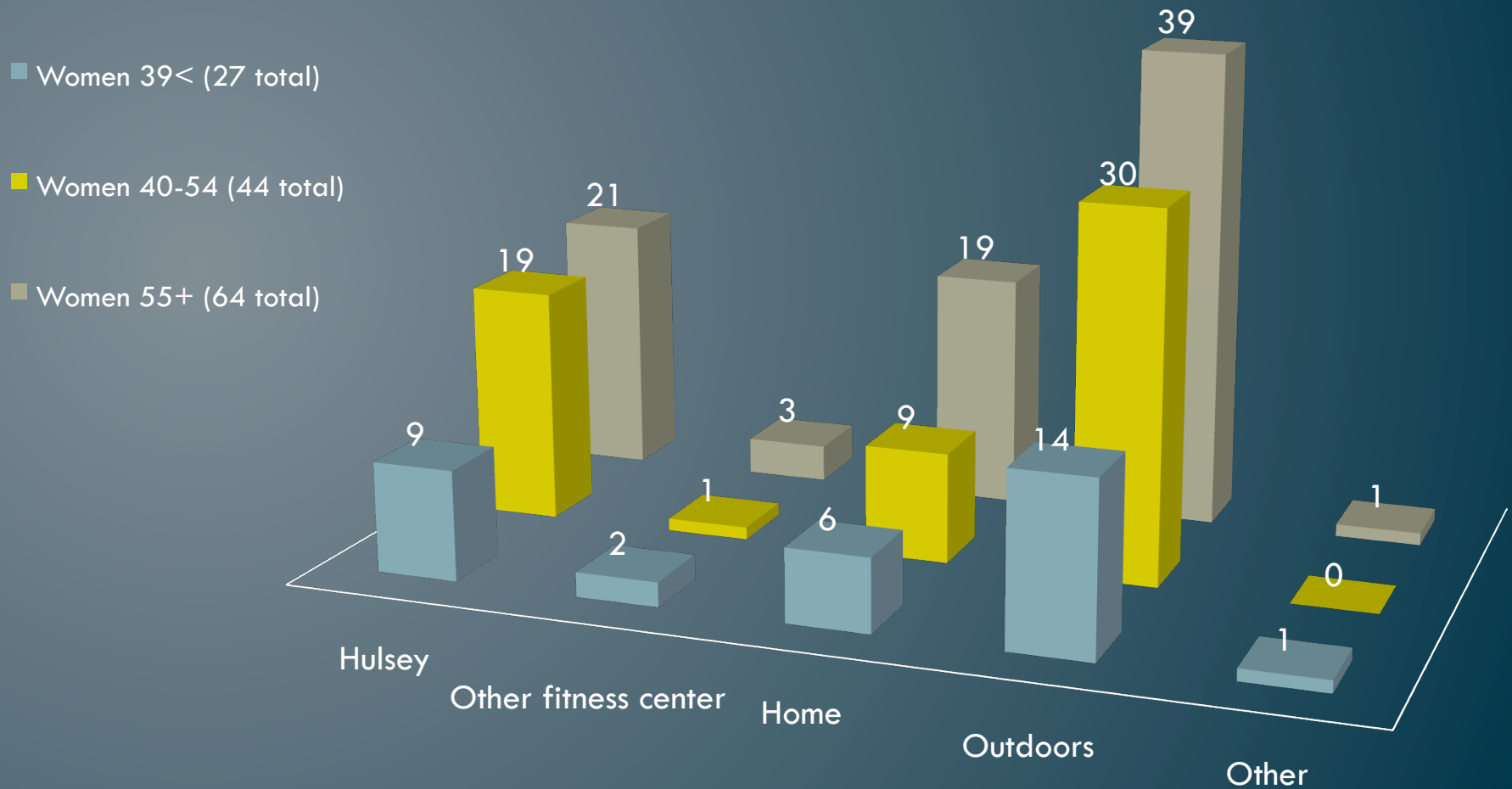


3. Indicate where you typically workout or where you would prefer to workout (check one).



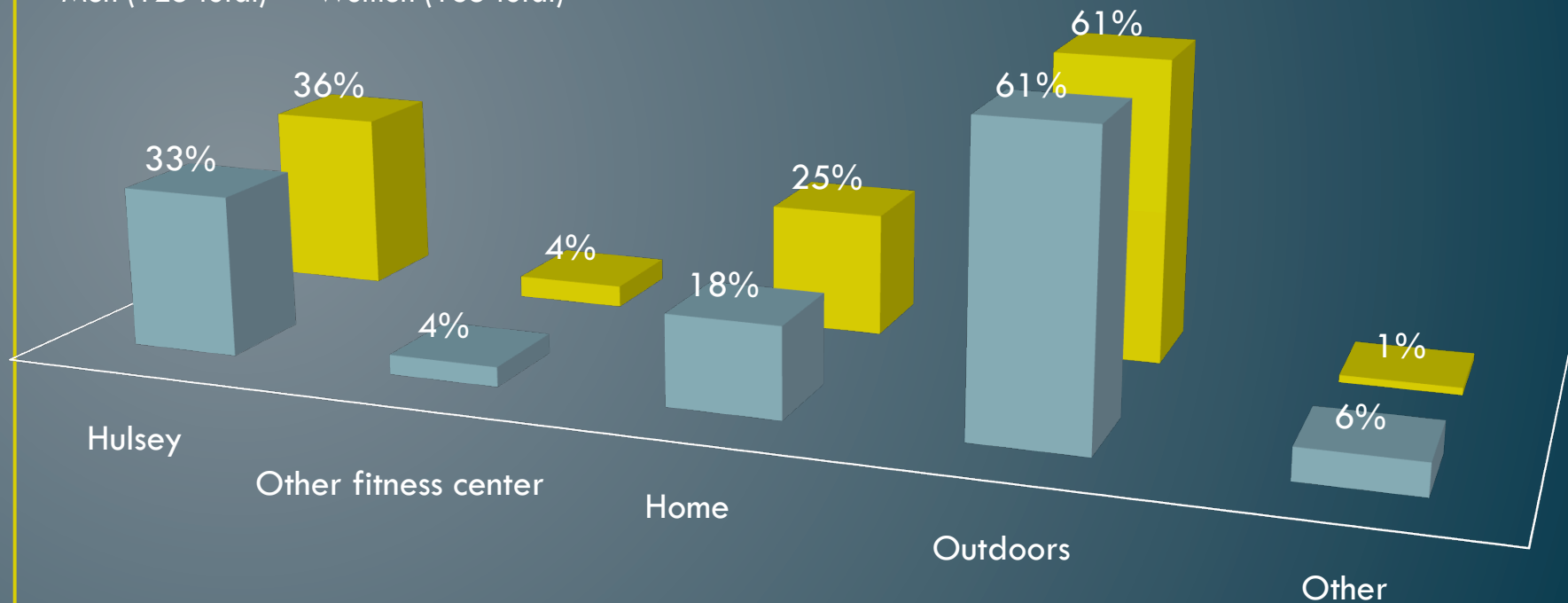


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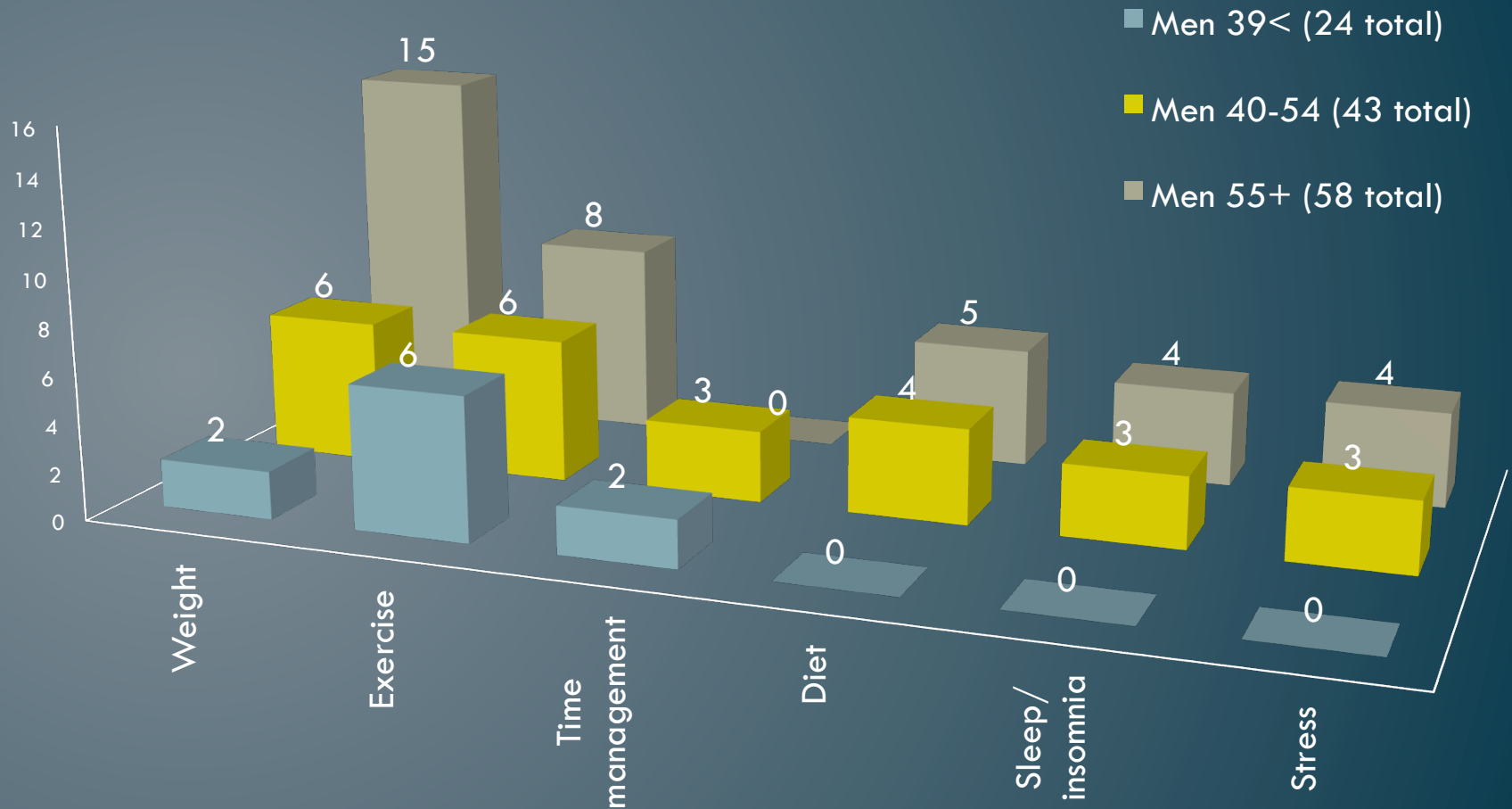


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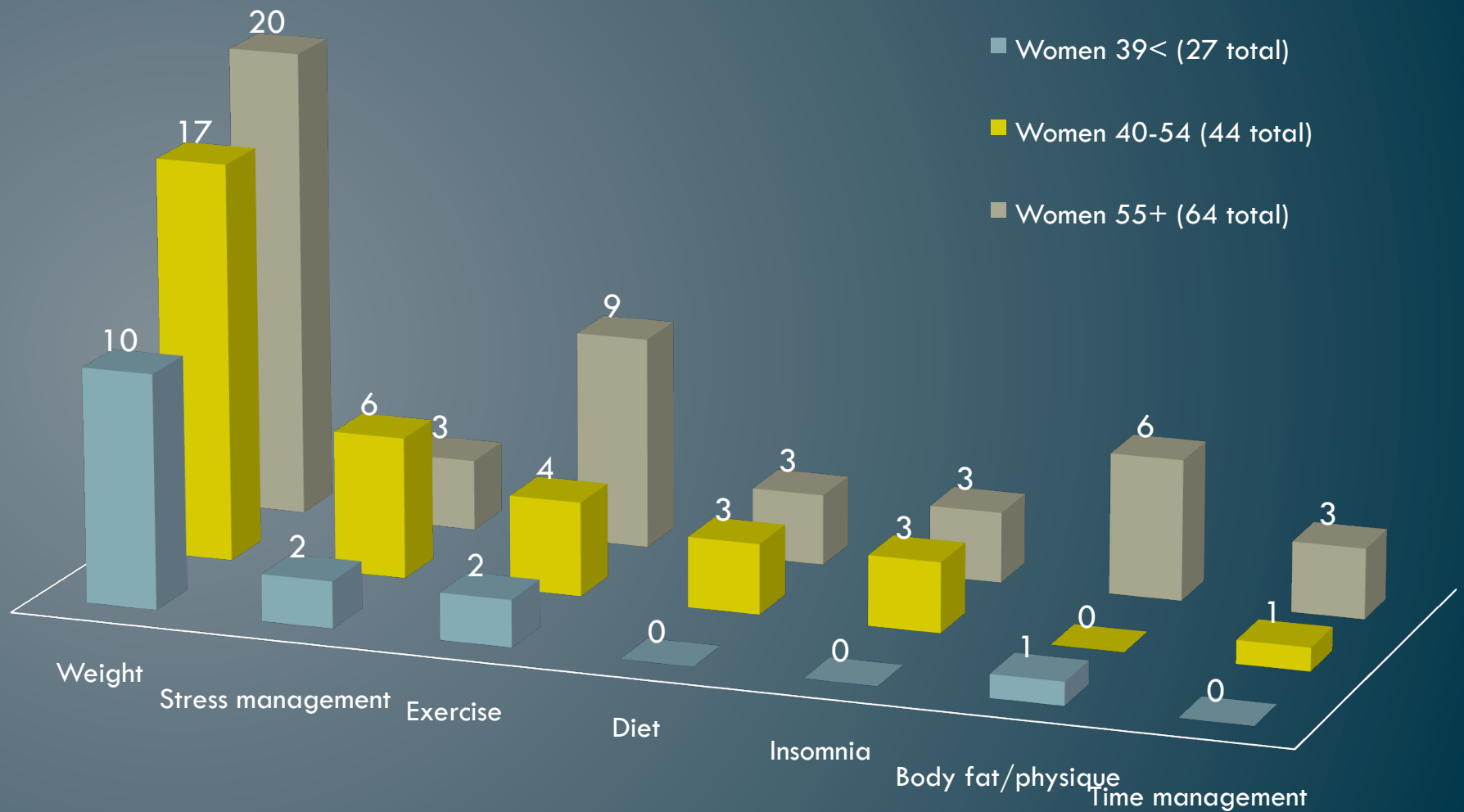
■ Men (125 total) ■ Women (135 total)



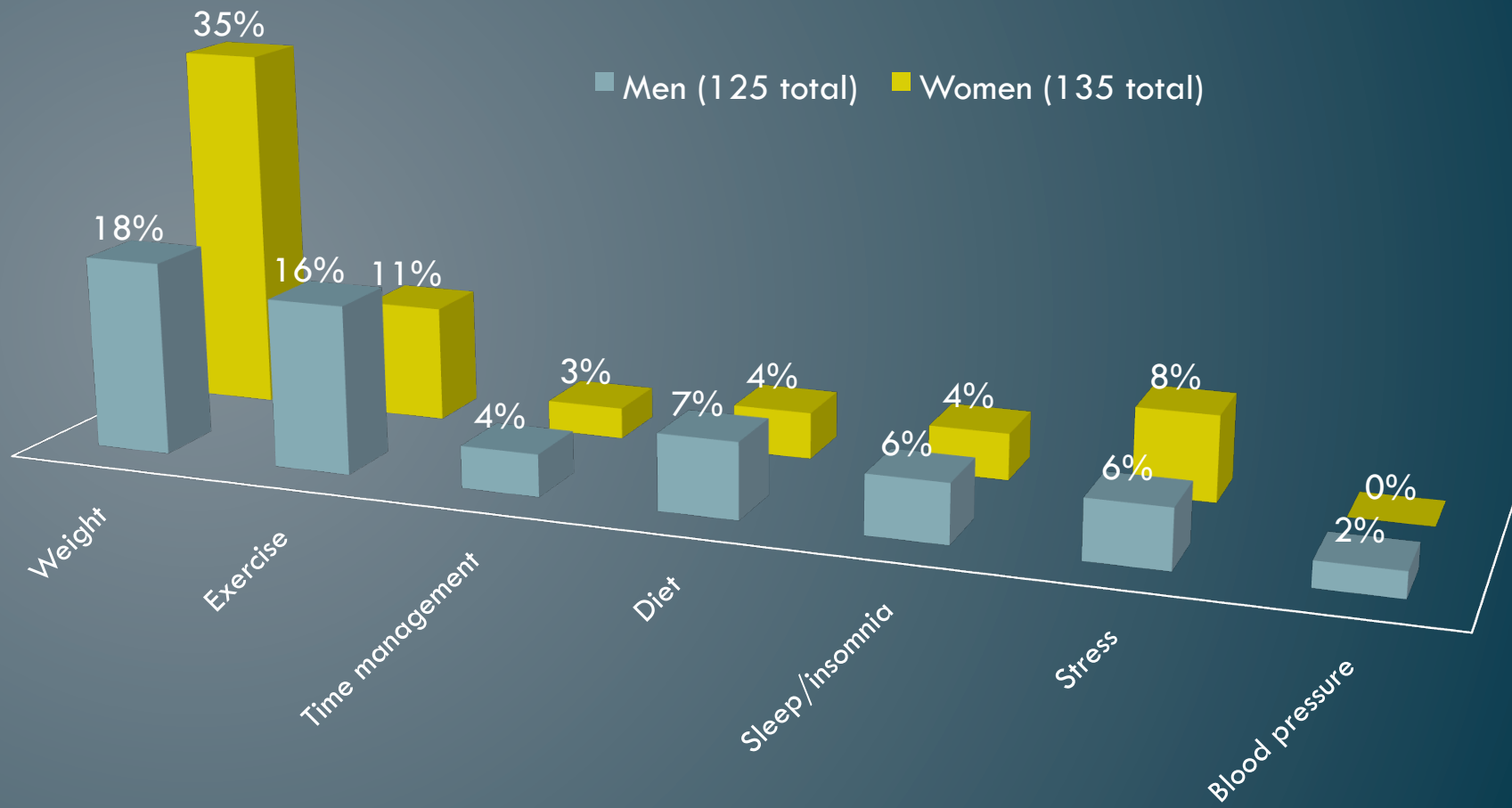
# 4. What is the one area of your life pertaining to health that you are most unhappy with?



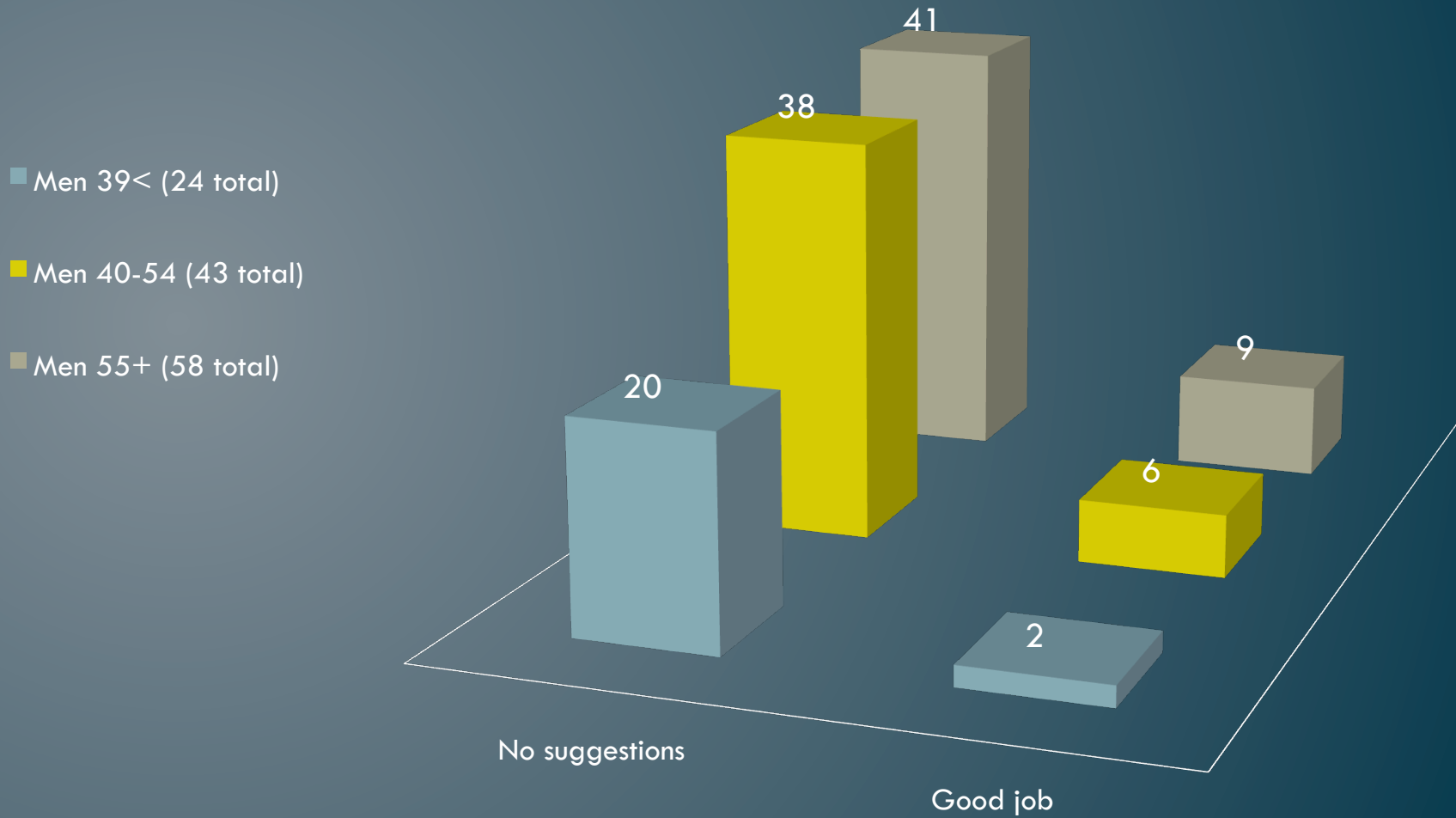
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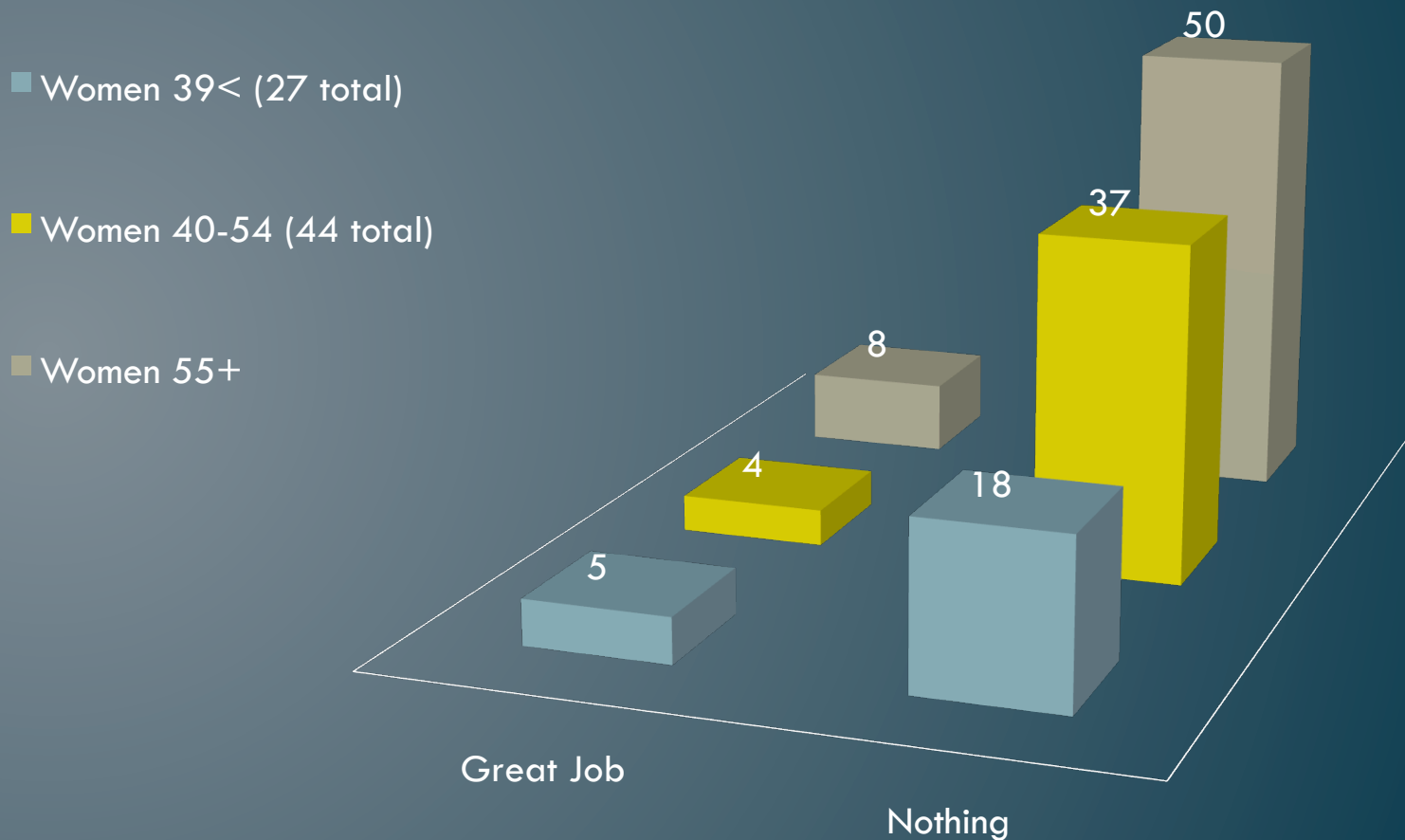
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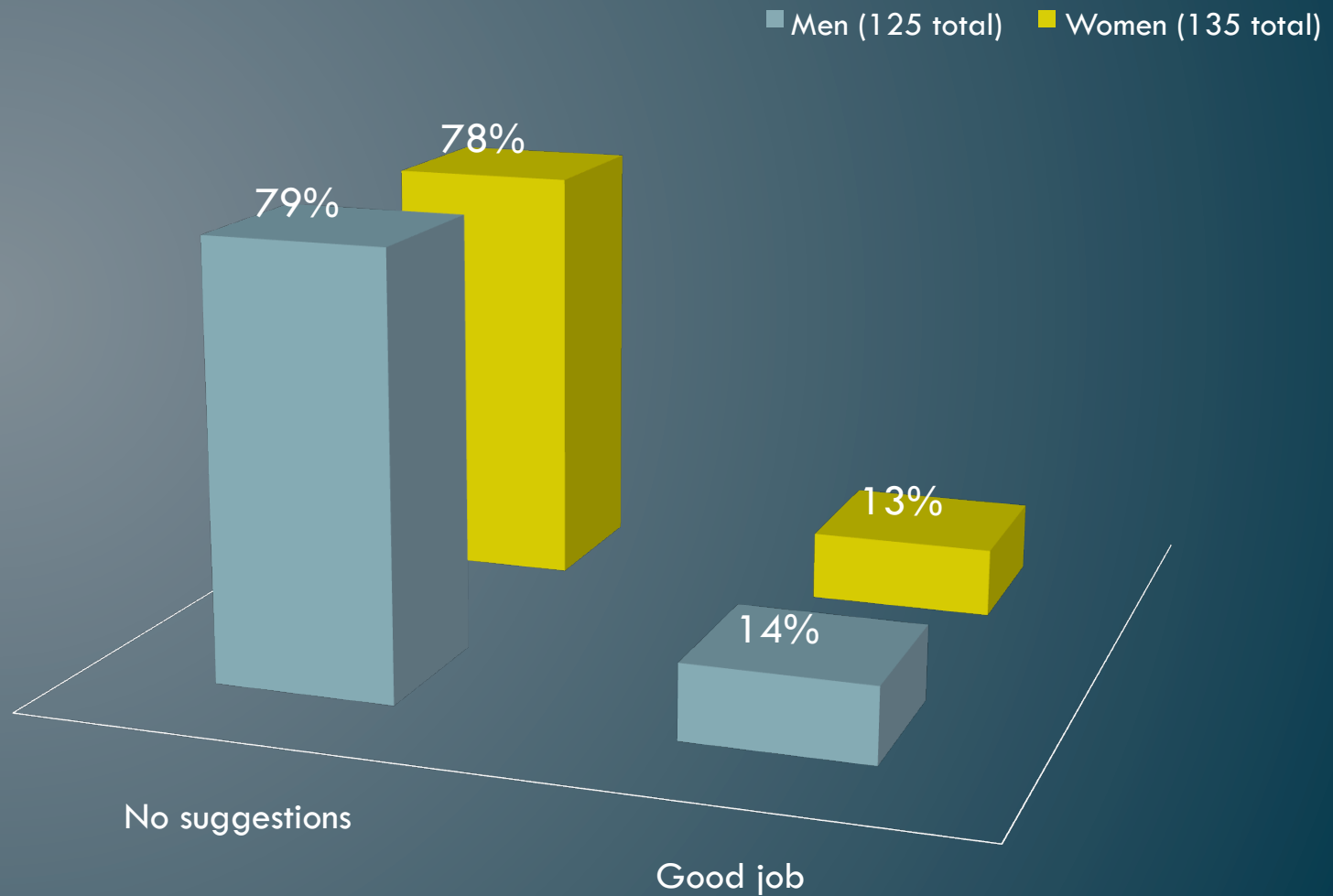
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# Suggestions from the men

- Email the forms so we don't have to wait in line (1)
- Encourage administration to promote stress management exercises (1)
- I don't know who or what the employee wellness committee is (1)
- Wellness assessment every semester (1)
- More blood options (1)
- Keep incentives, 12 days of wellness (2)
- Get different blood draw company (1)
- Weight control (1)

# Suggestions from the women

- Free hulseby membership (2)
- Opportunity for personal training (1)
- More employee exercise groups/classes (2)
- Make racquetball available in the morning (1)
- Seminars would be great (1)
- More vegan options on campus (1)
- More blood work for women: B12, D3, T3/T4 (3)
- More large or medium shirts (1)
- Information on dealing with adult children (1)
- Diabetes management (1)
- Exercise classes after 5pm (1)