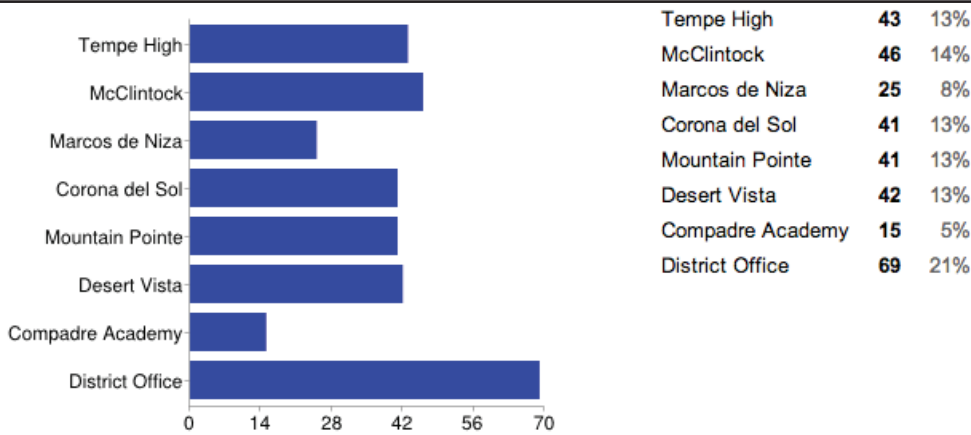
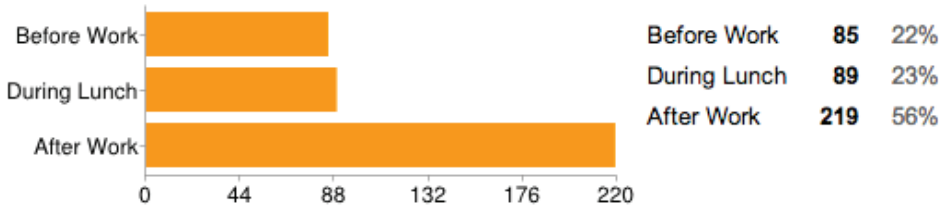


### Which School or Office?



# 320 Responses Getting Involved Survey Analytics

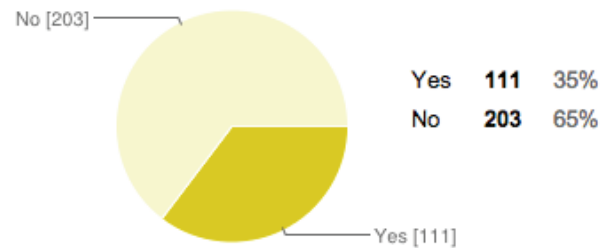
### When would you want to participate in a wellness program?



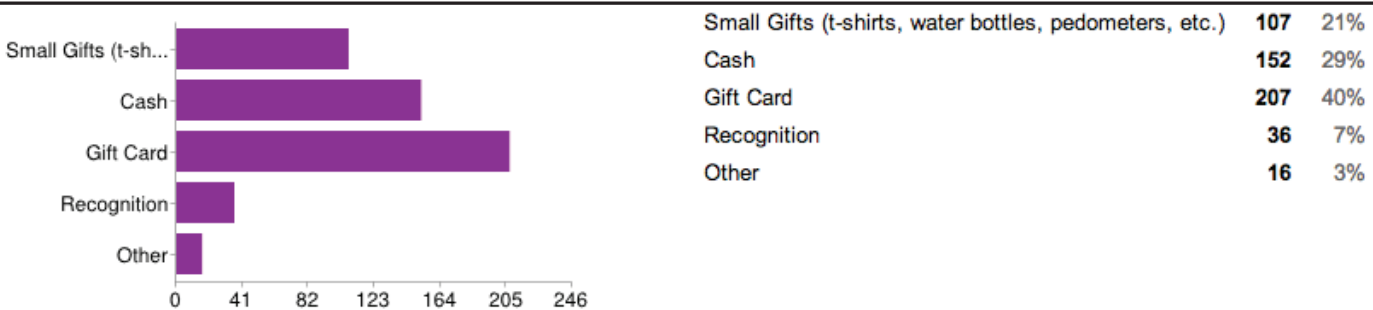
### Would you be more likely to participate if it was on-site?



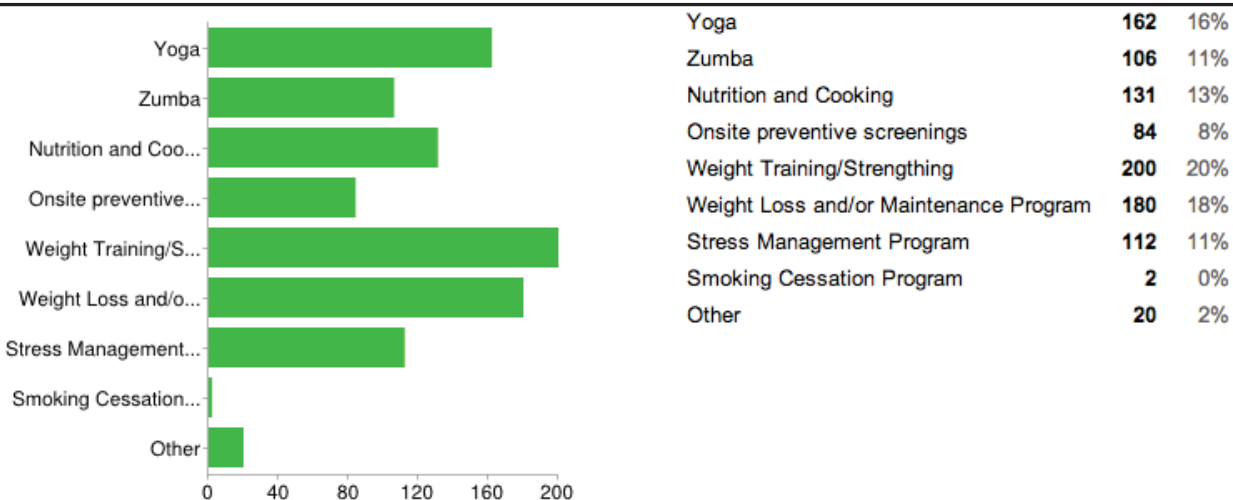
### Would you participate if students were involved?



### If we were to offer an incentive for participating in a wellness program, which incentive would you prefer?



### What type of programs would you participate in?



# Other Comments

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Thank you! No incentives are needed, just offering wellness programs is great. Physical activities I would prefer after work. Other areas activities either at lunch or afterwork. Thank you. Might be willing to facilitate cross-fit, weight training, etc after school for staff... Would be great to get a little respect from the administration. Would reduce stress greatly. I struggle most with obtaining child care and consistent work out regime. If it is available to my HS daughters, I and they would love to participate. Thanks! I would love to participate in a morning yoga or weight training class here on our campus. Even better, alternate days and do both. Off campus just won't happen for me. I'm too busy. Thanks for asking. This would be great! I work at a different district and we joined teams for a weight loss, bmi improvement contest. We paid a small fee per team member, had 3 private weigh ins (beginning, midway and at the end) and the team's combined improvement counted and the most improved won cash to be divided among the team members. That was fun and motivating, etc. Maybe we could try that? I think this is a great idea. I think it could be a great way to get the staff interacting more in a positive way and not just meetings. Due to the distance between home and the classroom, workouts are usually done at home. As a vegan, if nutrition and cooking were part of the program, vegan selections would be great. I would love to see our district cover the cost of our gym memberships. I am not interested in a district wellness program because I am in great health. How about an award for those of us who take care of our bodies? testing Start a teacher running group, biking group, hiking group, work out group (book camp). And give teachers time out of the day at school to do these activities. Discounted club memberships. Awesome!! Also on my own, and maybe be weighted in by someone on a weekly basis. I work out every day but I have my own routine that I do so I wouldn't be interested in any wellness program. Small Gift Incentives: Exercise towel, gym bag, protein bars. I would not want to work out with students but would do other programs with students. "Biggest Loser" Competitions are fun also, especially if there is a prize for the winner(s). You could partner with Leticia Torres (Alternative Mode) with alternative commuting options that include exercise (walking, cycling). Great idea!

! It would be awesome to have a Zumba class at Corona if it started around 3:30 or 4 so that we could get our work done and then go. If it started too early, I could not attend because the library stays open until 3:15 and the office and bookstore have late closing times, too. dsfdsgfsdf Great idea. Thanks for keeping us healthy... I would like to see a meditation/quiet time established before school for staff and students. It has done wonderful things for schools across the country. If I could be a part of that, I would love it! Tracey Mahon Love the idea! Thank you. I workout everyday on my own and probably wouldn't participate in a wellness program. Finding time to balance work and home can be difficult. Requiring participation will be another item to balance in our busy schedules. I have a fitness routine and good health habits independently, but I would participate to encourage others and model healthy habits. I believe the term "wellness" should be defined for staff not familiar as it could include all of the programs included in the "types of programs" and more. Also encouraged should be participation in outside wellness (including but not limited to fitness, weight loss, stress management, preventative health care and more ) I wouldn't need to receive anything for an incentive, I would just be grateful that the programs were offered and that I could attend them. I already participate in my own "wellness" program working out 3 days a week. We have a group of people who play basketball before school once a week.