Wellness Program Survey

The Human Resources Department is considering implementing a campus-wide comprehensive employee wellness program. Your input is important in helping us design a program that meets your needs and interests. This survey is anonymous. Information obtained is recorded in such a manner that respondents cannot be identified.

Part I. Fitness/Exercise Interests

Please indicate how likely you are to participate in the following exercise classes/fitness activities if they were offered at no cost to you:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Not at all likely</th>
<th>Slightly likely</th>
<th>Moderately likely</th>
<th>High likely</th>
<th>Extremely likely</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking groups</td>
<td>[]</td>
<td>[ ]</td>
<td>[✓]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>Running groups</td>
<td>[]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[✓]</td>
<td>[ ]</td>
</tr>
<tr>
<td>Resistance/weight training in a group exercise format</td>
<td>[]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[✓]</td>
<td>[ ]</td>
</tr>
<tr>
<td>Yoga</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[✓]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>Zumba®</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[✓]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>Cycling exercise classes</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[✓]</td>
<td>[ ]</td>
</tr>
<tr>
<td>Step aerobics</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[✓]</td>
<td>[ ]</td>
</tr>
<tr>
<td>Kick boxing</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[✓]</td>
<td>[ ]</td>
</tr>
<tr>
<td>Water aerobics</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[✓]</td>
<td>[ ]</td>
</tr>
<tr>
<td>Activity</td>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Thursday</td>
<td>Friday</td>
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<td>-------------------------------------------------------------------------</td>
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<tr>
<td>Boot camp</td>
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<tr>
<td>Active older adult exercise classes</td>
<td></td>
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<tr>
<td>Pre- and post-natal exercise classes</td>
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<td></td>
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<tr>
<td>Personal training</td>
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<tr>
<td>Basketball</td>
<td></td>
<td></td>
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<tr>
<td>Racquetball</td>
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<tr>
<td>Resistance/weight training in a weight room/gym setting</td>
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<tr>
<td>Volleyball</td>
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</tbody>
</table>

Are there any exercise classes or other fitness activities not specifically listed above that you would be interested in attending? Please describe:

________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________

What is/are the best day(s) for you to participate in exercise classes? (Check all that apply).
- [ ] Monday
- [ ] Tuesday
- [ ] Wednesday
- [ ] Thursday
- [ ] Friday
- [ ] Saturday
- [ ] Sunday
- [ ] None of the above

What is the best time of day for you to participate in exercise classes during the work week? (Check all that apply.)
- [ ] Before work
- [ ] During lunch
After work

None of the above

If exercising before work, what specific time period would work best for you?
__________________________________________________________________________________________
__________________________________________________________________________________________

If exercising during lunch, what specific time period would work best for you?
__________________________________________________________________________________________
__________________________________________________________________________________________

If exercising after work, what specific time period would work best for you?
__________________________________________________________________________________________
__________________________________________________________________________________________

Where would you prefer to participate in exercise classes or other fitness activities? (Check all that apply.)

- Through Total Wellness at the Jowers Center
- Through Total Wellness at the San Marcos Activity Center
- At the Student Recreation Center
- Outside on the Main Campus
- Outside on the Round Rock Campus
- In a room on the Round Rock Campus
- None of the above. I prefer to exercise at home
- None of the above. I prefer to exercise at a local gym
- None of the above. I do not prefer to exercise
- Other (please specify below)
_____________________________________________________________________________________

Would you need child care in order to participate in exercise classes or other fitness activities?

- Yes
- No

Part II. Educational Opportunities, Support and Services
Please indicate how likely you would be to participate in each of the following educational opportunities, support, and services on Texas State's San Marcos or Round Rock Campuses:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Not at all likely</th>
<th>Slightly likely</th>
<th>Moderately likely</th>
<th>Highly likely</th>
<th>Extremely likely</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cooking demonstrations</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Smoking cessation</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Managing weight</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Managing stress</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Managing heart disease</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Managing diabetes</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Managing allergies/asthma</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Chair massages</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Blood pressure assessment</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Body size and composition assessment</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Fitness assessment</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Blood glucose screening (for diabetes)</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Mind/body (yoga)</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Improving sleep patterns</td>
<td>☐</td>
<td>☐</td>
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</tr>
</tbody>
</table>

Are there any topics not specifically listed above that you would be interested in attending? Please describe:
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
Please indicate how likely you are to access the following online resources offered through the Human Resources website:

Not at all likely  |  Slightly likely  |  Moderately likely  |  Highly likely  |  Extremely likely
---|---|---|---|---
Healthy recipes
Nutritional guides for eating healthy at restaurants
Online calculators (e.g., Body Mass Index, calories)
Employee testimonials
Activity calendar
Online tracking system/competition
Links to State and Federal resources

Are there any topics not specifically listed above that you would be interested in learning more about through the Human Resources website? Please describe:
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________

What incentives would increase your likelihood of participating in an employee wellness program? (Check all that apply.)
- T-shirts
- Water bottle
- Lunch bag
- Pedometer
- Hand towel
- Resistance equipment (e.g., bands, hand weights)
- Exercise mat
- Exercise bag
- Other, please specify below
Part III. Demographics

Your answers to these last questions are very important for this research. They will help us to better understand the needs and interests of our employees so that we may provide you the best possible wellness services. Remember your personal answers are anonymous and will NEVER be shared with anyone and will not be linked to you. However, if you do not want to answer, at the bottom of each list you can choose "I would rather not say."

What is your gender?
- Male
- Female
- I would rather not say

What is your age?
- Younger than 20
- 20-29
- 30-39
- 40-49
- 50-59
- 60 or older
- I would rather not say

What is your primary employment title/assignment?
- Faculty
- Staff
- I would rather not say

What is your workload?
- Full-time
- Part-time
- I would rather not say
Where is your primary work location?
- San Marcos
- Round Rock Campus
- Other
- I would rather not say

Which building is your primary work location?
- Academic Services Building North (ASBN)
- Academic Services Building South (ASBS)
- Agriculture (AG)
- Agriculture Greenhouse (AGGH)
- ALERRT Center Offices (ACO)
- ALERRT Office & Classroom (AOCR)
- ALERRT Office & Storage (AOST)
- Alkek Library (ALK)
- Aqua Sports Center (ASC)
- Arnold Hall A (AA)
- Arnold Hall Administration (AAD)
- Arnold Hall B (AB)
- Arnold Hall C (AC)
- Avery Building (AVRY)
- Beretta Hall (BER)
- Bexar Hall (BEX)
- Blanco Hall (BLN)
- Bobcat Stadium (STAD)
- Bobcat Stadium End Zone Complex (EZON)
- Bobcat Village (BV1)
- Brazos (BRAZ)
- Brogdon Hall (BRG)
- Burleson Hall (BUR)
- Butler Hall (BUTL)
- Campus Colony (CCA)
- Canyon Hall (CAN)
- Centennial Hall (CENT)
- Center For Student Retention (CSR)
- Chemistry (CHEM)
- Child Development Center (CDC)
- Cogeneration Power & Chiller Plant (CGN)
- College Inn (CI)
- College Of Education (ED)
- Colorado (COLO)
- Comal (CMAL)
- Comanche Apts (CMI)
- Commons Hall (COM)
- Derrick Hall (DERR)
- Edward Gary Street Garage (EGSG)
- Elliott Hall A (EA)
- Elliott Hall Administration (EAD)
- Elliott Hall B (EB)
- Emmett & Miriam McCoy Hall (MCOY)
- Evans Liberal Arts (ELA)
- Family & Consumer Sciences (FCS)
- Field Lab (FDLB)
- Fire Station Studio (FIRE)
- Flowers Hall (FH)
- Freeman Aquatic Biology (FAB)
- Freeman Ranch Multipurpose Facility (FRMF)
- Harris Dining Hall (HDH)
- Health Professions (HPB)
- Hill House (HILL)
- Hillburn House (HBN)
- Hines Academic Center (HINE)
- Hornsby Hall (HOR)
- Housing And Residential Life Office Building (DHRL)
- Ivey-Moore House (MOOR)
- J.C. Kellam Administration (JCK)
- Jackson Hall (JAK)
- Jerome & Catherine Supple Science (SUPP)
- Joann Cole Mitte (JCM)
- Jones Dining Complex (JON)
- Jowers Center (JOW)
- Lampasas (LAMP)
- Lantana Hall (LNA)
- Laurel Hall (LAU)
- LBJ Student Center (LBJ)
- Math Computer Science (MCS)
Smith Hall 2 (SM2)
Smith Hall 3 (SM3)
Smith House (SHAX)
Smith House (SMIT)
Spring Lake Hall (SLH)
Star One (STR1)
Sterry Hall (STY)
Strahan Coliseum (STRA)
Strahan House (STRH)
Student Health Center (SHC)
Student Recreation Center (SRC)
Swinney Guest House (SWGH)
Swinney House (SWIN)
Taylor-Murphy History (TMH)
Texas Justice Court Training Ctr (TJCT)
Texas State Pro Shop (PRO)
The L.D. And Lavern Harrell Clark House (CLAR)
The Meadows Center Ticket Kiosk (MCTK)
The Tower (TOWR)
Theatre Center (THEA)
Thornton International House (THOR)
Trinity (TRIN)
Undergraduate Academic Center (UAC)
Undergraduate Admissions Annex (ADA)
Undergraduate Admissions Center (ADC)
University Distribution Center (UDC)
University Press/West Warehouse (UPWW)
William & Elizabeth Adamson Rotc (ADAM)
Other, not listed above
I would rather not say

How far do you live from the main Texas State campus in San Marcos?
In San Marcos, within 5 miles
5-15 miles
16-30 miles
31-45 miles
46-60 miles
More than 60 miles
What is the annual income of your entire household?

- Less than $15,000 per year
- $15,001-$30,000
- $30,001-$45,000
- $45,001-$60,000
- $60,001-$75,000
- $75,001-$90,000
- More than $90,000
- I would rather not say

Part IV. Current Physical Activities and Fitness

The next questions are about physical activities (that is, exercise, sports, and physically active hobbies) that you may do in your LEISURE time.

In a typical week, how many times do you engage in **VIGOROUS** aerobic physical activity that causes heavy sweating, large increases in heart rate, and hard and fast breathing?

Examples include race walking, running, jogging, swimming laps, playing singles tennis, playing basketball, doing aerobic dancing or related group fitness classes, bicycling 10 miles per hour or faster, jumping rope, heavy gardening (continuous digging or hoeing), hiking uphill or with a heavy backpack.

Enter the number of **times** (enter "0" if None).

_____________

On average, how many minutes do you spend during each **VIGOROUS** bout of physical activity?

Enter the number of **minutes** (enter "0" if None).

_____________
In a typical week, how many times do you engage in MODERATE aerobic physical activity where you are working hard enough to raise your heart rate and respiratory rate as well as to break a sweat?

Examples include walking briskly (3 miles per hour or faster, but not race walking), doing water aerobics, bicycling slower than 10 miles per hours on level ground or with a few hills, playing doubles tennis, pushing a lawn mower, doing ballroom dancing, and gardening (general without heavy digging or hoeing).

Enter the number of times (enter "0" if None).

On average, how many minutes is spent during each MODERATE bout of physical activity?

Enter the number of minutes (enter "0" if None).

In a typical week, how many times do you engage in MUSCLE-STRENGTHENING physical activity such as resistance training, including weight training and working with resistance bands, as well as doing calisthenics that use body weight for resistance (push-ups, pull-ups, and sit-ups)?

Enter the number of times (enter "0" if None).

On average, how many minutes is spent during each MUSCLE-STRENGTHENING activity?

Enter the number of minutes (enter "0" if None).

How tall are you?

Feet: ___________________
Inches: ___________________

How much do you weigh?

Pounds: _________________

☐ I would rather not say

Part V. Comments

What are some things that might interfere with or prevent you from participating in a worksite wellness program?
__________________________________________________________
__________________________________________________________
__________________________________________________________

Please provide any additional comments that you would like to share:
__________________________________________________________
__________________________________________________________
__________________________________________________________

Thank you! Please click the SUBMIT button to submit your survey responses.