

Employee Wellness and Interest Survey

As part of the College of Central Florida's commitment to helping our colleagues be the best they can be, your health and wellness is important to us. We are interested in knowing what wellness programs you would like to see offered at CF and how we can address your areas of interest. **We need your input!**

Please take a few minutes to complete this survey. Your input is completely voluntary and will help us chart a course of programming that is in line with your interest and needs. Thank you in advance for taking the time to provide us feedback.

1. **Would you participate in a wellness program at the college?**

Yes _____ If yes, what time is the best for you _____

No _____

2. **Are you interested in informational health and wellness programs?**

Allergies and Asthma	_____	Back Care	_____
Blood Pressure	_____	Blood Work	_____
Cholesterol	_____	Diabetes	_____
Emotional Health	_____	Healthy Cooking	_____
Healthy Eating	_____	Heart Health	_____
Nutrition	_____	Skin Care/Cancer	_____
Sleep	_____	Stress Management	_____
Smoking Cessation	_____	Vitamins	_____
Vision Health	_____	Weight Management	_____
Sports Injuries	_____	CPR Training	_____
Other	_____		

3. **Are you interested in fitness or exercise programs?**

Cardiovascular	_____	Walking Program	_____
Strength	_____	Core/Balance	_____
Yoga	_____		
Other	_____		

4. **Are you interested in?**

Workplace Wellness-safety in office, accessibility to fresh air, sunlight, greenery _____

Social Wellness-employee interest clubs, social activities _____

Emotional Wellness-counseling, meditation, support groups _____

5. **Are you interested in environmental and natural programs?**

Healthy U Initiatives	_____	Hiking Trails	_____
Canoeing Sites	_____	Boating Adventure	_____
Farmer's Markets	_____	Gardening	_____
Spiritual Programs	_____	Outdoor Adventure	_____
Other	_____		

6. Please let us know of any other areas of interest you might have.
