

## Fort Carson Wellness Campaign “Perspective” Participant Wellness Interest Survey

We are planning a Wellness Campaign to help you feel better and stay healthy. In order to plan a campaign that best meet your needs and interests we would like your suggestions! Please take a few minutes to answer some questions about your interests. Your answers will be combined with those of other's and reviewed to help plan aspects of our campaign for you. **Please do not sign your name.**

Please complete the survey today and return it to [Fitfortcarson@amedd.army.mil](mailto:Fitfortcarson@amedd.army.mil) . Thank you for your valuable input! Your help is important for planning a successful campaign.

Rate your interest on a scale of 1 – 3 with one (1) being of little or no interest; two (2) being of some interest and three (3) indicating that you are very interested. Indicate your response by circling the number. Your input is an important

**I am interested in:**

|  |   |   |   |
|--|---|---|---|
| 1. Participating in the Wellness Campaign before work                | 1 | 2 | 3 |
| 2. Participating in the Wellness Campaign after work                 | 1 | 2 | 3 |
| 3. Participating in the Wellness Campaign during my lunch break      | 1 | 2 | 3 |
| 4. Learning healthy eating options to lose weight ~Weight Management | 1 | 2 | 3 |
| 5. Sports nutrition  | 1 | 2 | 3 |
| 6. Healthier snacks & cooking  | 1 | 2 | 3 |
| 7. Helping my children eat healthier                                 | 1 | 2 | 3 |
| 8. Quick, healthy meals for busy lifestyles                          | 1 | 2 | 3 |
| 9. Health screening such as blood pressure, cholesterol, blood sugar | 1 | 2 | 3 |
| 10. Learning how to quit smoking                                     | 1 | 2 | 3 |
| 11. Cancer Prevention  | 1 | 2 | 3 |
| 12. Stress Management skills   | 1 | 2 | 3 |
| 13. Balancing work, family, and personal life                        | 1 | 2 | 3 |
| 14. Time management skills   | 1 | 2 | 3 |
| 15. Participating in a beginning fitness program                     | 1 | 2 | 3 |
| 16. Planning time to exercise for busy people                        | 1 | 2 | 3 |
| 17. Getting health information that I can read or watch at home      | 1 | 2 | 3 |
| 18. Learning about sleep hygiene                                     | 1 | 2 | 3 |
| 19. Heart health options & Self-Care Class                           | 1 | 2 | 3 |
| 20. Carbohydrate, Sugar, Cholesterol, Saturated Fat, Sodium counting | 1 | 2 | 3 |
| 21. Team walking groups at work                                      | 1 | 2 | 3 |
| 22. Learning how to stretch  | 1 | 2 | 3 |
| 23. Learning how to increase intake of fruits and vegetables         | 1 | 2 | 3 |
| 24. Parenting Topics (age of children):                              | 1 | 2 | 3 |
| 25. Onsite exercise classes: walking    Yoga    Aerobic    other:    | 1 | 2 | 3 |