

OVERBROOK HIGH SCHOOL HEALTH & FITNESS SURVEY

DEMOGRAPHIC INFORMATION:

1. What is your age? _____ 2. Male Female 3. Married Single
4. Do you have children living at home? Yes No

PHYSICAL ACTIVITY: Please check below the category that best describes your physical activity level (other than work) for the previous year:

Note: Moderate vigorous activity implies the following...any aerobic activity which raises your heart rate to a level of 70% of your target heart rate → $220 - \text{your age} = \text{target Heart Rate}$.

- No physical activity
- Moderate to vigorous exercise 1 time/week for at least 20 minutes
- Moderate to vigorous exercise 2 times/week for at least 20 minutes each time
- Moderate to vigorous exercise 3 times/week for at least 20 minutes each time
- Moderate to vigorous exercise 5 times/week for at least 20 minutes each time

In which types of exercise do you normally participate?

- No physical activity Strength training (weights, push-ups, etc.)
- Cardiovascular (running, cycling, etc.) Flexibility (stretching, etc.)
- Sports Please list type: _____

Do you prefer to exercise ...? (check all that apply)

- on your own with a partner in a group (i.e. class)

PROGRAM INTERESTS: (please check)

- Body Fat Testing
- Back Safety
- Cancer Prevention
- Heart Disease Prevention
- Cholesterol Reduction
- Smoke Cessation
- On-site, Low Impact Exercise Equipment
- Blood Pressure Checks
- Cholesterol Screenings
- Healthy Cooking
- Healthy Eating
- On-site Vending Machines with healthy choices

GROUP CLASSES

- Yoga
- Aerobic
- Strength Training
- Stress Reduction
- Grief Counseling
- Pain Management
- Weight Control
- Weight Watchers at Work Program

Please indicate when you would be interested in participating in a health promotion program:

Before work

During lunch @ work

After work

Your input is an **IMPORTANT** element to the success of our program. List any suggestions, comments, etc. on things you would like to see implemented in a wellness program in our school.

What items would you like to see added to the lunch menus and teachers lounge?

- a. Healthy, low-fat, and sugar-free snacks in the vending machines.
- b. Fresh fruits and vegetables.
- c. More lean, baked, and broiled foods.
- d. Remove regular sodas from vending machine.

THANK YOU FOR YOUR TIME.

Please return this survey to Kathy Benton, School Nurse.