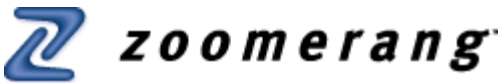


PRINT

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Wellness Program Survey 2011-2012

Results Overview



Date: 6/14/2012 4:14 PM PST
Responses: Completes
Filter: No filter applied

10. Offer a testimonial as to how you have benefited by having the EPS Wellness Program in place.	
#	Response
1	I have lost 20 pounds since starting the Wellness Challenge last year. I lost it slowly and have kept it off. Having to record my info keeps me motivated to do it.
2	I have joined weight watchers and no longer have to take certain medications for diabetes.
3	I have lost more than 50 pounds and feel better than I have in years.
4	On those days when I have not wanted to live a healthy lifestyle, the idea that I am a part of a team inspires me that extra bit to get me moving. I have lost and kept off 15 pounds, and I find that we talk more about our health, whcih also inspires me.
5	I think the benefit of this is heightened awareness of healthy living. I do notice a cultural shift in my workplace with regard to health.
6	ITs very encouraging to work in a place that fosters and encourages healthy living. I'm very grateful for the program at EPS.
7	Through the wellness program I am keeping track of my healthy habits like eathing more fruits and vegetables and taking time to meditate and read each day. Going to Weight Watchers helps me lose weight, slow though the process is, it is working. I know I need to add more activity to my daily schedule, and that is the next goal for me. I appreciate the focus on wellness and am using the ideas with my family so we are eating better and moving more.
8	I have been trying to eat more fruits and veggies, and I am more aware of getting more exercise.
9	Since joining in January, I am more aware of what I eat and have been consistant with the 5-a-day. Also the daily exercise and quiet time for stress have greatly benefitted me with a 5# weight loss. The program is always in the back of my mind and keeps me thinking about the way I eat, exercise and rest. All good. Thanks.
10	I have really enjoyed participating in the Wellness activities. From Zumba, yoga, the wellness challenge, and Weight Watchers at Work, I have lost 20 pounds! I have more energy and just feel healthier all around. I am actually looking forward to my annual doctor appointment this year to see how my numbers have changed.
11	I started the year out with the ironman challenge and the wellness challenge. In that first month of eating my 5 a day, and getting back into the gym, I saw 5 pounds vanish. My classroom neighbor joined weight watchers and I started seeing her success. I did not join weight watchers, but did join another weight loss program and have since lost another 22 pounds. Thanks for the jumpstart. I feel so much better, and know I am on a path to better health.
12	It is a great source for information and a reminder and motivator.
13	Make me eat better - thanks!
14	I got new glasses, had my hearing tested and my husbands. dental appointments. Flu shots for my hubby and me. Etc...
15	It has been a nice to get together with fellow staff memebbers in a positve and way!
16	Cholesterol dropped from 267 to 195 after 4 months with serious diet changes & aerobic exercise 5 days a week (without medication!)
17	In December I decided enough was enough. I joined Jenny Craig and started working out 6 days a week. It helped being accountable on the website. I tried to be excited with my building team but it ended up being my dept that really helped me out.
18	I know that my physical activitiy and eating habits have greatly improved because of the wellness challenge. Thank you for this great incentive to stay healthy.
19	Inspires me to be more active and improve my eating habits
20	Pretty much I have not benefited due to not being able to make it to so many early classes...
21	I am no longer on depression medicine.
22	See my response to number 8. above.
23	I am more conscious of what I eat and do. I am still not where I should be, but I feel that each month it is a little better
24	I met my Yoga instructor. I am retiring, but I know the other locations she teaches at.

25	I have been able to participate in a healthier workplace through better eating, sharing recipes, walking with colleagues, salad days each week, etc! It has been fabulous!
26	Our workplace is a more healthy place! Much good is coming out of the program, however I would not want to be pressured to show trends and personal outcomes of set goals.
27	It gives me a chance to bond with fellow staff members in a common goal.
28	The Weight Watchers program has helped me learn how to eat healthier and it's enabled me to have a team of coworkers that are working on the goals together.
29	I am much more inclined to walk/exercise on a daily basis. My family has welcomed my attempts to try new healthy foods. I did deep breathing after the stress class all the way through the dental drilling for a crown. Thanks for the tools to get me through life. Sharon Shebly
30	The wellness program was part of a catalyst to help me make major lifestyle changes in regards to my health. I am healthy and happier today than I was before the wellness program. I have set goals and achieved them. Data to support impact of wellness Weight Loss- 70 lbs Clothing Sizes- From an 18/20 to 10/12. Fitness Goals- In January of 2011, I was unable to run a .5 miles. In May 2012, I ran a 1/2 marathon in 2 hours, 17 minutes. I have gone from 0 workouts a week to 6+ every week since January. I have gone from a 15 minute mile to a 9:45 mile pace. I have purchased a road bike and ride each week. The list goes on. Thank you for the positive impact in my life.
31	I lost weight. My blood sugar is better than ever. I feel excellent. I'm eating whole food now. I'm going to run my very first half marathon this month. :)
32	My daughter's success in Weight Watchers at Work inspired me to join the group. I believe the meetings and our leader have been critical to everyone's success.
33	Since the wellness program I have become a lot healthier and lost enough weight to even begin attempting to walk/run in 1/2 marathons and a desire to improve my stamina.
34	I know that participation in class like Zumba has helped me to relieve stress, keep me in shape, and made it easier to get a sound sleep at night. Making some new friends has been an added plus!
35	I believe this is a good program. It has made me more aware of what I eat and the effects on my body. It has also helped me to take a look at my blood pressure. Something I would not have done otherwise.
36	The Wellness Challenge provided me with opportunities to learn about what I need to do to keep my body going and has spurred me on to use that information.
37	This year I have to admit that I did not participate to the extent that I did last year. I had major surgery and a very long recovery and was unable to exercise and be as active as I wanted and needed to be. My work and personal life were much more stressful this school year as well.
38	For years I have struggled with chronic pain and injury to my right ankle; including 2 surgeries and more to come. This last fall the ankle started to improve to the point that I could start working out for the 1st time in 6 years, as long as I was careful in choosing my activities. I started with stationary bike riding and by Christmas was riding up to 90-100 miles per week. When the Ironman Challenge came up this last January and February I was excited to try it. I knew I could do the biking, no problem, but the walking/jogging and swimming scared me because too much of either of those activities have been so painful for years! When we were snowed in I didn't want to fall behind on my workouts, and I wanted to try for the Ironman goals. I got on my treadmill and started with a mile at a time, one in the morning, one at night. From there I just kept going! I tried the swimming and found that with an ankle sleeve to stabilize the nerve in my ankle, I could do it as well! I wouldn't have tried these 2 new activities without the Ironman challenge staring me in the face! By the end of the challenge I had completed 3.7 miles of swimming, 35.5 miles of walking and 250.7 miles of bike riding! I was so proud of myself and how far I had come! I have continued to challenge myself every day since then and will continue to do so in the future. I still deal with pain on a daily basis but it is manageable, to the most part, and I can work with it. I thank the Ironman for getting me to push past my fear of the pain and try something that I hadn't been able to do for years :).
39	My BP and Blood profile has improved significantly. I am more aware of my food choices at home and at restaurants.
40	I believe I have become more attuned to what is healthy for my body-eating, exercise and my stress levels. I have carried this same level of awareness home and shared with my daughters who are now learning to live healthy as well. Thank you!
41	Weight Watchers has been wonderful. I really hope that will continue as a work-partnership in the fall--even if not subsidized. It has been well worth it.
42	I am glad to know the District is interested in our wellness.
43	I joined Weight Watchers in January and have lost 25 lbs. I have never been on a weight loss program in my life and this has taught me to be a healthier and happier me. I have learned lots of ideas for healthier meals and snacks. I plan to continue until I get to my goal weight.
44	I have experienced weight loss of 15 pounds, more physically active, off of my cholesterol meds and my blood pressure meds have been cut in half!
45	Last year I had regular contact with the mind and body program which was excellent with personal coaches and I did better. I did not participate in it this year and I should have.
46	Love the Wellness challenge and bike to work challenge
47	This program has made me more conscience about what I eat here and at home. More people are eating better which helps me. Thank you!

48	It has helped me to maintain an awareness of my activity and food choices along with my stress levels.
49	Incentive for getting more exercise and eating healthier
50	I am eating healthier, even my children are thinking about "5 a day". I feel better when I eat better
51	I noticed that we eat better together as a staff.
52	The Weight Watchers Program is something that ESD should be proud of and absolutely continue in the future.
53	Off of one medication, lost 20 lbs in 1 year, have more plans/options for handling various stressors.
54	Last year I made it my goal to increase my physical activity and got into great shape with more energy that I'd had for years! This year I joined Weight Watchers and lost 15 pounds, so now I weigh less than I have for 8 years.
55	I eat healthier foods and exercise more!
56	The WW at work has really helped me get new ideas for healthier eating and lifestyle.
57	I didn't think the "challenge" would motivate me. Actually it did -- I was in competition with myself to complete those challenges. It made me more aware and more committed to myself.
58	Since I don't have a separate gym membership, I am glad I can benefit from skilled fitness teachers at a significantly affordable price through the wellness program. The convenience of meeting with colleagues at a nearby school is also great!
59	I would not have begun the quest of weight loss if it had not been for the Weight Watchers At Work Program. I have lost 20 lbs and am feeling great about fitting into smaller clothes.Thank you !
60	See all the benefits, above.
61	It's been a moral boost and fun time to compete with and form teams for the challenges, among my colleagues.
62	Stress Management class was invaluable. I definitely want to take it again next year!
63	It keeps me on track better and reminds me if I have been remiss in some of the areas. For example, I am not good about stress reduction yet I am easily stressed out.
64	It has made me more mindful of my health and the steps to take and has encouraged me to stay with my health activities.
65	I have lost 20 lbs with weight watchers. I have used my incentive for more wellness. In our department are working together to encourage each other to make good healthy choices. We now bring in health treats and for our weight watchers group we provide the point plus values so everyone can make their choices for the day. We share recipes and celebrate goals. We have attended exercise classes together. It has been a great benefit for me.
66	I really like the stress management. I have followed the choices for less stress and I love the options that are listed.
67	N/A
68	I have consistently eaten five fruits and vegetables daily since starting the wellness challenge. That was not a big change in my life, but I think has helped change my diet for the better.
69	I benefitted a lot more last year. This year I started out well, but got discouraged after getting sick and having to skip a week or two of exercise.
70	No
71	better nutrition choices
72	I have been more committed to my own personal fitness and work daily to improve my eating habits. As a department, we plan healthy potlucks on half days and non-student days rather than eating out.
73	I worked out more when I got a point for every 30 minutes of exercise.
74	See #8. My skiing ability has improved from being able to manage double black diamond runs to relishing them. I REALLY think it's because yoga has given me balance, core strength and awareness of my whole body. And being able to do fitness classes 2-3 times a week sure doesn't hurt.
75	My work through the Wellness Program has led to lasting changes in my attitudes and knowledge about health and fitness. I have lost 40 pounds and kept it off for more than a year. I exercise daily. I just completed a major fitness event that I could not have done without the program.
76	This year I have participated in the exercise classes offered and the Weight Watchers at Work program. I also took advantage of the waived enrollment fee through the YMCA. Because of these opportunities, I have begun a journey to a healthier lifestyle. I have lost nearly 15 pounds so far and have increased my activity and healthy eating significantly. I don't believe I would have accomplished this much without the support and opportunities provided by the EPS Wellness Program. I am so thankful that the district values the health of their employees and is taking steps to make the Everett School District a healthier place!
	I am so pleased and fortunate to have had the opportunity to participate in The Wellness Challenge. It has worked wonderfully to challenge me to increase my health and self-care and encourage appropriate choices for my students. I hope to continue to take steps toward increased

77	wellness in 2012-2013 and know that if the program was not available, it would not be the same. It has influenced me positively in several ways; increased health (as documented objectively and subjectively), socially, psychologically and professionally. I have done so well with The Wellness Challenge that I now brag about it to education colleagues in other districts. No one in other school districts that I have talked to seems to have a program that is anything like this. Ours seems to be unique and we are all better for it.
78	I have not benefited this year, in fact I feel it was not worth the money I paid and I did not enjoy the instructors from the Y, except Art, for the Spinning class.
79	I lost 12 pounds and am one week away from earning a lifetime WW membership. The zumba and TBC classes have helped me immensely to become more active and healthy and the feeling of connectedness with staff across the district hugely enhanced. I love this program and Gail is absolutely phenomenal. Loved, loved the stress classes also!!! Kudos to Gail and all of the instructors and to the district administration in all of their hard work and support. I am very grateful!!! Thank you! Connie Barnes
80	Thanks to the Wellness Challenge, I am reaching for the carrot sticks and fresh vegies instead of the chips and crackers.
81	Since the wellness program began three years ago, I have dropped almost 50 lbs, exercise at least three days a week and will be walking my first ever half marathon this summer. I started after my husband began to use the Sound Health trainer and I saw what great results he had. I have really enjoyed this time for me.
82	I like money. it motivates me more to write things down, which helps me not miss a work out.
83	I have tracked my weight loss, have made a daily choice to make sure I have my fruits and veggies each day, and have made the effort to increase my exercise.
84	Walk daily and working out at the gym more often.
85	I have begun and maintained an exercise program, lost over 25 pounds, lowered my cholesterol, have changed my eating habits entirely, AND I feel great!!
86	I feel supported in my quest to become more balanced with lifestyle, exercise, stress, and eating. The Wellnes Challenge is motivating to me to help offset costly programs. I feel the support and believe that if we are healthier, we will be better people, learners, and better able to teach effectively.
87	I bought new glasses and perscription sun glasses and my eye Dr. appointment revealed cateracts. my pre-diabeties isnt a problem any more. I'd like to see a personnalized list of exercises I could track for myself: like Mon. do 10 sit ups, Wed. do 15. etc..
88	I have lost 42 lbs.and am less stressed out at bed time.
89	Weight Watchers at Work is an amazing program!!! I had a very successful experience and made lots of new friends from around the district. The Wellness Challenge is a great motivator for me in remembering to stay active and eat better!