


































1. Please select your school or site from the drop down menu below.

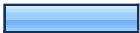





		Response Percent	Response Count
Cascade		8.2%	57
Everett		5.3%	37
HM Jackson		6.6%	46
Sequoia		3.3%	23
Eisenhower		2.2%	15
Evergreen		4.2%	29
Gateway		4.6%	32
Heatherwood		3.2%	22
North		3.0%	21
Cedar Wood		4.3%	30
Denny Youth		0.3%	2
Emerson		4.2%	29
ESC		3.9%	27
Forest View		3.5%	24
Garfield		3.6%	25
Hawthorne		2.9%	20
Jackson		3.5%	24
Jefferson		2.9%	20
Longfellow		5.5%	38
Lowell		3.0%	21
Madison		2.2%	15

Maintenance		0.1%	1
Mill Creek		1.6%	11
Monroe		3.2%	22
Penny Creek		1.3%	9
Silver Firs		2.6%	18
Silver Lake		4.2%	29
Special Services		0.4%	3
View Ridge		3.2%	22
Whittier		0.9%	6
Woodside		2.0%	14
answered question			692
skipped question			14







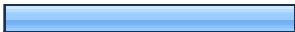
2. The mission of the EPS Wellness Program is...."to create a culture of wellness by promoting opportunities that enhance the overall health and quality of life for all district staff". From your experience and the experience you have witnessed with your colleagues in our District, to what degree do you feel our employee wellness program is meeting this vision.

		Response Percent	Response Count
Not at all		1.6%	11
Somewhat		47.5%	334
Fully meeting vision		50.9%	358
answered question			703
skipped question			3

3. How many district Wellness Program activities (including the Wellness Challenge) did you participate in this year?

		Response Percent	Response Count
1		19.9%	140
2		18.4%	130
3		17.0%	120
4		8.5%	60
More than 4		10.2%	72
None		26.0%	183
answered question			705
skipped question			1



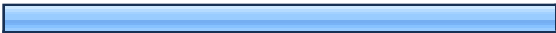



4. If you answered NONE to the question above, please help us understand why by selecting ALL that apply below.

		Response Percent	Response Count
I already have a healthy lifestyle and do not feel the need to participate.		35.0%	86
I do not like tracking or logging my activities or healthy behaviors		36.6%	90
I feel I don't have time to include exercise or healthy eating in to my lifestyle		8.9%	22
I feel the challenges are too difficult for me		4.9%	12
I don't feel my employer should be influencing my health		4.9%	12
I am concerned about confidentiality		14.2%	35
Other (please specify)		43.5%	107
		answered question	246
		skipped question	460

5. The goal of the EPS Wellness Program is to "create a culture" of Wellness, since the inception of the Wellness Program do you agree or disagree with the following statement. Please read the statements below and then rate all that apply.

	Do not agree	Agree somewhat	Strongly agree	Rating Average	Rating Count
I notice that my colleagues and I are more conscientious about our health.	5.6% (39)	55.0% (382)	39.4% (274)	2.34	695
Wellness Program activities have helped to create a greater sense of camaraderie at my workplace.	17.7% (123)	56.1% (389)	26.2% (182)	2.09	694
There is more conversation at work about health and wellness topics.	13.7% (95)	46.8% (324)	39.5% (274)	2.26	693
We offer healthier food options at staff meetings and gatherings.	17.5% (121)	53.5% (370)	29.0% (201)	2.12	692
Having a district wellness program in place makes me feel that my health is an important priority of district leadership.	5.6% (39)	30.8% (215)	63.7% (445)	2.58	699
Seeing district leadership involved in wellness activities inspires and motivates me to participate too.	20.2% (140)	43.9% (305)	35.9% (249)	2.16	694
answered question					702
skipped question					4

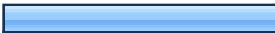













6. Which of the following goals are important to YOU personally in pursuing a healthier lifestyle? Please choose ALL that apply.

		Response Percent	Response Count
Weight Loss		68.9%	477
Managing Stress		65.5%	453
Increasing or Maintaining Physical Activity		83.2%	576
Healthy Eating (nutrition)		78.6%	544
Quitting Smoking		1.2%	8
Reducing risk factors like high blood pressure, high cholesterol or diabetes		39.6%	274
		answered question	692
		skipped question	14

7. Please rank how important the following wellness activities are to you.

	Not Important	Somewhat	Very Important	Rating Average	Rating Count
EPS Fitness Classes	32.9% (225)	45.1% (308)	22.0% (150)	1.89	683
Seasonal Campaigns like WALKTOBER	23.3% (159)	41.4% (282)	35.2% (240)	2.12	681
Weight Watchers at Work	54.4% (364)	26.8% (179)	18.8% (126)	1.64	669
Free and Clear Smoking Cessation Program	84.9% (549)	9.0% (58)	6.2% (40)	1.21	647
Stress Management Classes	26.9% (180)	44.6% (298)	28.4% (190)	2.01	668
Free Flu Vaccine Clinics	17.0% (115)	19.2% (130)	63.9% (433)	2.47	678
Health Fairs	24.6% (166)	43.8% (295)	31.6% (213)	2.07	674
Wellness Newsletter	14.4% (98)	47.0% (319)	38.6% (262)	2.24	679
The Wellness Challenge	15.1% (102)	34.1% (231)	50.8% (344)	2.36	677
answered question					698
skipped question					8

8. Has your health improved as a result of having the EPS Wellness Program in place? If so, how? Please list ALL that apply below.

		Response Percent	Response Count
Weight loss 5-25 lbs		40.8%	231
Weight loss 25-50 lbs		8.0%	45
Weight loss of more than 50 lbs		1.9%	11
Lower blood pressure		19.8%	112
Lower cholesterol		14.8%	84
Healthier eating habits		67.7%	383
More physically active		63.8%	361
Less stress		30.2%	171
Improved sleep		24.9%	141
Need less medicine for chronic disease/condition		3.7%	21
Received a FREE flu shot and did not get the flu this year		51.2%	290
Fewer sick days this year		28.1%	159
Improved Fasting Blood Sugar (for diabetics)		3.9%	22
Other, please specify		9.5%	54
answered question			566
skipped question			140

9. What is the best way for you to learn about Wellness Program opportunities? Please rank and drag your choices in order of their importance.

	1	2	3	4	5	6	Rating Average	Rating Count
All District Email from Wellness	74.4% (489)	14.6% (96)	5.3% (35)	2.4% (16)	0.9% (6)	2.3% (15)	1.48	657
Newslinks	6.1% (40)	36.4% (239)	23.6% (155)	17.2% (113)	11.4% (75)	5.3% (35)	3.07	657
HR Payroll Newsletter	2.3% (15)	10.8% (71)	34.3% (225)	20.1% (132)	18.8% (123)	13.7% (90)	3.83	656
Wellness page of the District website	7.8% (51)	18.7% (123)	14.8% (97)	39.1% (257)	11.6% (76)	8.1% (53)	3.52	657
Wellness Team at my school or site	7.2% (47)	12.8% (84)	14.0% (92)	11.9% (78)	44.4% (291)	9.8% (64)	4.03	656
Weekly School Newsletter	2.3% (15)	6.7% (44)	8.1% (53)	9.1% (60)	13.1% (86)	60.8% (400)	5.06	658
answered question								658
skipped question								48

10. Do you have any comments, feedback, questions, concerns, or suggestions about the EPS Wellness Program you would like to share?

	Response Count
	266
answered question	266
skipped question	440



11. Are there additional services or programs you would like to see as part of the EPS Wellness Program in the future?

	Response Count
	171
answered question	171
skipped question	535

12. Optional: Offer a testimonial as to how you have benefited by having the EPS Wellness Program in place.

	Response Count
	121
answered question	121
skipped question	585

13. Do you know that the employee Wellness Program is funded through the Everett School Employee Benefit Trust and NOT the Everett School District? That the funds used for the wellness program do not take away from resources for schools, classrooms or teachers.

		Response Percent	Response Count
Yes, I understand that distinction		80.5%	559
No, I was not aware of that		19.5%	135
	answered question		694
	skipped question		12

Q4. If you answered NONE to the question above, please help us understand why by selecting ALL that apply below.

1	Member of crossfit and a hot yoga studio [Active Outside of Work]	Jun 6, 2013 9:03 PM
2	I did not like the changes that were made to the program this year. [Changes WC]	Jun 6, 2013 6:13 PM
3	There are a lot of 'hoops' in the program this year, that I don't like. Last year was nice and easy and really quite motivating. This year, it feels like a new job duty. Also, I always seem to remember to log activities the day after the 1st of the month---then it's too late! That NEEDS to be changed! [Changes WC]	Jun 6, 2013 1:59 PM
4	I felt that I did not have enough time to commit. I run already, but should look into working more on a better diet. [Active Outside of Work]	Jun 6, 2013 12:19 PM
5	I leave before most of the activities take place and I live completely south of where I work and it is too far to come back an hour later. [Inconvenient Class Times]	Jun 6, 2013 7:34 AM
6	the classes are too late after school [Inconvenient Class Times]	Jun 6, 2013 7:20 AM
7	Not being able to log my participation in the preceding month -- if I missed it by one day, I didn't receive credit. This happened a few times, and I simply gave up on the process (still exercised though)... [WC Monthly Deadlines]	Jun 5, 2013 3:39 PM
8	I have in previous years, but was too busy this year to sign up for any classes this year. [Too Busy]	Jun 5, 2013 10:44 AM
9	I have a healthy eating lifestyle but have a special needs child that limits what I can do outside of work. [Too Busy]	Jun 5, 2013 9:39 AM
10	I would love to but with three kids and a wife I didn't feel like committing to one more thing [Too Busy]	Jun 5, 2013 9:02 AM
11	injury [Injured or Ill]	Jun 5, 2013 12:07 AM
12	Classes available are great forr teachers, but not for folks that work longer hours [Inconvenient Class Times]	Jun 4, 2013 7:48 PM
13	Not sure how to get started [Misinformed]	Jun 4, 2013 5:22 PM
14	Time considerations [Too Busy]	Jun 4, 2013 3:03 PM
15	I do have a healthy lifestyle, but could always do better. I'd like to participate, but just don't have time right now! [Active Outside of Work]	Jun 4, 2013 2:55 PM
16	Charting to the degree in the booklet seemed like more of a chore than going online and making a quick record. [Changes WC]	Jun 4, 2013 2:52 PM
17	Not enough time. [Too Busy]	Jun 4, 2013 2:46 PM
18	times and convenience [Inconvenient Class Times]	Jun 4, 2013 2:24 PM
19	laziness at filling out the information on-line [Tracking and Logging]	Jun 4, 2013 2:12 PM

Q4. If you answered NONE to the question above, please help us understand why by selecting ALL that apply below.

20	I find it very difficult to make time. [Too Busy]	Jun 4, 2013 1:57 PM
21	I have good intentions-- I just have no time to log activities or track progress. The wellness programs do make me think more about the food/exercise choices I make and I would like to participate more in the future. [Tracking and Logging]	Jun 4, 2013 1:55 PM
22	Child Care [Childcare]	Jun 4, 2013 1:55 PM
23	Very busy this year No Time [Too Busy]	Jun 4, 2013 1:37 PM
24	would like to join after school fitness class but childcare is an obstacle [Childcare]	Jun 4, 2013 1:35 PM
25	Health issues this year and did not focus on organized campaigns. [Injured or Ill]	Jun 4, 2013 1:15 PM
26	No extra time - small children at home [Too Busy]	Jun 4, 2013 1:13 PM
27	with 3 kids I have to fit it in when I can [Too Busy]	Jun 4, 2013 12:55 PM
28	Workout/run daily as a baseball player and coach [Active Outside of Work]	Jun 4, 2013 12:25 PM
29	I was an intern and did not fully understand what the Wellness Program entailed. [Misinformed]	Jun 4, 2013 12:06 PM
30	It's one more "work related" thing to do. I want to be home. [Too Busy]	Jun 4, 2013 12:03 PM
31	At-Home PT, on a daily basis [Active Outside of Work]	Jun 4, 2013 11:57 AM
32	had surgery and got behind in activity [Injured or Ill]	Jun 4, 2013 11:55 AM
33	I don't find this a good use of funds.	Jun 4, 2013 11:53 AM
34	I am much too self-conscious about my weight to participate in any group or public activities.	Jun 4, 2013 11:51 AM
35	husband's Boeing Wellness contacts me [Active Outside of Work]	May 31, 2013 3:29 PM
36	I take a yoga class at my school that you do not sponsor. [Misinformed]	May 31, 2013 2:10 PM
37	I was not aware of the programs when they began [Misinformed]	May 31, 2013 8:28 AM
38	Last year I participated because it was easier. [Changes WC]	May 31, 2013 7:49 AM
39	I have been very lazy [Motivation Challenge]	May 30, 2013 2:31 PM
40	i do the wellness challenge with my husband carl	May 30, 2013 7:36 AM
41	I like the information and the chance to participate. I don't spend a lot of time focusing on this because it is counter productive to my progress on my goals. The less I actually think about it the better I do. [Active Outside of Work]	May 29, 2013 3:00 PM
42	timing of activities [Inconvenient Class Times]	May 29, 2013 11:38 AM

Q4. If you answered NONE to the question above, please help us understand why by selecting ALL that apply below.

43	well intentioned, just didn't "jump" in for any extra [Motivation Challenge]	May 29, 2013 7:57 AM
44	TRYING TO FIND BALANCE AMIDST EVERYTHING WE NEED TO DO IN OUR JOBS AND LIFE :) ONE DAY I'LL JOIN IN MORE FULLY!	May 28, 2013 7:19 PM
45	I'm not on District Medical Insurance and my understanding is that the Wellness Programs are only for people on District medical. [Misinformed]	May 28, 2013 4:54 PM
46	The times don't work for my lifestyle. [Inconvenient Class Times]	May 28, 2013 4:27 PM
47	I forget about it until I am reminded at the last minute and then it's usually to late. [Forget to Sign Up]	May 28, 2013 4:03 PM
48	I always forget to sign up for the activities [Forget to Sign Up]	May 28, 2013 3:47 PM
49	It's just on more thing... I like what's happening, but I have lots of other little things to attend to. [Too Busy]	May 28, 2013 3:44 PM
50	even though I answered the question above I still want to use these answers	May 28, 2013 3:44 PM
51	I often not able to participate in after school classes due to the fact that I often have IEP meetings or am working late in my classroom on required paperwork. . [Inconvenient Class Times]	May 28, 2013 2:41 PM
52	Using a different program - My Fitness Pal [Active Outside of Work]	May 28, 2013 1:10 PM
53	challenge became too timeconsuming, signature of Dr is too much to ask [Changes WC]	May 28, 2013 12:35 PM
54	I cannot log on the Wellness website because my login name changed when the district changed it from patsyknudtson to pknudtson. I emailed twice about it, but nobody would give me any help. I am frustrated with the login and the lack of response from Wellness staff. [Misinformed]	May 28, 2013 12:29 PM
55	I have had some medical issues this year and was just to worn out to consider it this year. [Injured or Ill]	May 28, 2013 11:45 AM
56	Too busy with work schedule to track activities. Did a lot more on my own. [Too Busy]	May 28, 2013 11:06 AM
57	Have participated in past years. Had a lot going on personally and professionally this year and did not make it a priority. [Too Busy]	May 28, 2013 11:06 AM
58	my premie grandson came in October, didn't come home until March. That was my focus.I have participated in the past. [Too Busy]	May 28, 2013 10:42 AM
59	I tried a challenge last year and it was difficult to meet the requirements with full time job and young children at home. [Too Busy]	May 28, 2013 10:38 AM
60	I am so busy with after school activities I don't have time. [Too Busy]	May 28, 2013 10:38 AM
61	I have been really busy this year and don't have the time. [Too Busy]	May 28, 2013 10:29 AM

Q4. If you answered NONE to the question above, please help us understand why by selecting ALL that apply below.

62	Did healthy eating and exercise. [Active Outside of Work]	May 28, 2013 10:28 AM
63	I gained weight and lost interest. bummer huh [Motivation Challenge]	May 28, 2013 10:21 AM
64	goals are too unatainable and it's all or nothing...	May 28, 2013 10:03 AM
65	wellness should not have to be a competition	May 28, 2013 10:03 AM
66	Many activites do not interest me, or are not available to me due to time of school release and location of activities. [Inconvenient Class Times]	May 28, 2013 10:02 AM
67	No specific reason	May 28, 2013 9:59 AM
68	I was on maternity leave until March [Injured or Ill]	May 28, 2013 9:45 AM
69	I don't like other people telling me what to do. I do appreciate the culture of healthy choices, though, and that has been beneficial.	May 28, 2013 9:42 AM
70	Taking care of elderly parents, job stress, etc. it was just one more discipline to add to my plate. [Too Busy]	May 28, 2013 9:36 AM
71	All the record keeping is too much [Changes WC]	May 28, 2013 9:32 AM
72	physical challenges not due to weight [Injured or Ill]	May 28, 2013 9:30 AM
73	exercise in the evening- walking [Active Outside of Work]	May 27, 2013 9:42 PM
74	I would rather spend my time doing than recording what I did. I have had trouble logging in from home and do not want to use work time to fill it out. After work I would rather go do something than login. I do however feel the program is beneficial for people that need encouragement. I am more the person that needs encouragement to read instead of play.. [Tracking and Logging]	May 24, 2013 3:04 PM
75	Not having what I would like, (chiropractic or massage)	May 23, 2013 8:17 AM
76	Though I did sign up for two wellness activities, I fall down when it comes to logging my activity. I do the walking, etc., but forget to log on. Not much to be done about that. It is what it is, I guess. [Tracking and Logging]	May 22, 2013 10:06 AM
77	I'm dealing with the loss of my husband and need to heal and support my children through this process. Maybe next year. [Injured or Ill]	May 22, 2013 8:28 AM
78	the tracking is ridiculous... I exercise 5 times each week with tennis and indoor soccer and I eat well. I CAN'T KEEP UP with all the logging in! [Tracking and Logging]	May 22, 2013 6:31 AM
79	On my "to do" list [Motivation Challenge]	May 22, 2013 12:28 AM
80	I tried to do the Wellness challenge last year and kept getting knocked out of the system, losing all my data. I don't have the time to mess with that. [Changes WC]	May 21, 2013 10:40 PM
81	The challenges weren't too difficult for me it's just that they seemed too time-	May 21, 2013 5:45 PM

Q4. If you answered NONE to the question above, please help us understand why by selecting ALL that apply below.

	consuming this time to fit into my schedule [Changes WC]	
82	There are no classes offered at my school and I do not have time to travel to a different location and still pick up my children from daycare on time. [Inconvenient Class Times]	May 21, 2013 4:03 PM
83	I haven't had the time. I do exercise at home but I haven't had the time to add anything else yet. [Active Outside of Work]	May 21, 2013 2:29 PM
84	There just wasn't a class at a time I could take it at a convenient location [Inconvenient Class Times]	May 21, 2013 2:05 PM
85	i was having a hard time signing up and could not get a call back so i gave up	May 21, 2013 2:03 PM
86	the incentives are beyond my reach and I am not rewarded for the effort I can put forth. I was motivated by the year 1 incentives and did improve my wellness that year. [Changes WC]	May 21, 2013 1:39 PM
87	I just need to get with the program as it is very valuable. [Motivation Challenge]	May 21, 2013 1:10 PM
88	Forgot my log-in [Misinformed]	May 21, 2013 12:55 PM
89	classes that I wanted to participate in were not convenient for me [Inconvenient Class Times]	May 21, 2013 12:21 PM
90	hired later in year so not enough time fully take advantage of it	May 21, 2013 12:17 PM
91	I honestly just didn't have time this year. I've increased my healthy habits, but couldn't keep up with logging them. [Tracking and Logging]	May 21, 2013 11:55 AM
92	I tried to log on and I kept having issues... I just didn't dig in and find help. I tried to be aware of what I was doing and be good. I never did get a debit card from what I did last year? I don't think it would have been that much but I was bummed. [Tracking and Logging]	May 21, 2013 11:52 AM
93	None of the options are convenient [Inconvenient Class Times]	May 21, 2013 11:21 AM
94	I had a very challenging year healthwise and was not able to participate in many activities, however I have continued to participate in improving my overall lifestyle and have lost considerable weight. [Injured or Ill]	May 21, 2013 11:11 AM
95	Many of us have families and activities are often extended after school. I wish more could be done to help with memberships to the Y and other family inclusive activities. My previous district was able to get us gym memberships at a severely discounted rate. [Too Busy]	May 20, 2013 2:39 PM
96	My ipad does not support tracking on wellness site without having to constantly log in again, so I have sort of stopped keeping track. [Tracking and Logging]	May 20, 2013 1:33 PM
97	Unclear how to sign up when/where. [Misinformed]	May 20, 2013 1:29 PM
98	the timeand the site [Tracking and Logging]	May 20, 2013 11:51 AM

Q4. If you answered NONE to the question above, please help us understand why by selecting ALL that apply below.

99	Started program BUT did not follow through with any of them [Motivation Challenge]	May 20, 2013 10:34 AM
100	I would love to see something based at my school.	May 20, 2013 10:25 AM
101	I don't like participating with my colleagues. I like to work out/work on healthier lifestyles outside of the workplace. [Active Outside of Work]	May 20, 2013 10:08 AM
102	I felt the changes made this year were too much so I didn't join this year. [Changes WC]	May 20, 2013 9:41 AM
103	Although the district is promoting healthy lifestyles, I don't see a commitment on the part of my building.	May 20, 2013 9:39 AM
104	times classes offered conflict with work schedule [Inconvenient Class Times]	May 20, 2013 8:26 AM
105	No time at work. Busy teaching and worrying about others. The district has numerous initiatives (rigor issues, new curriculum, new IEP program, etc.) and I have multiple preps. I'm too tired to worry about any wellness programs. It's ironic. Our wellness coaches have also pooped out of enthusiasm, probably because they are too busy, too.. [Too Busy]	May 20, 2013 7:31 AM
106	I would have done more but it is too complicated [Changes WC]	May 20, 2013 7:30 AM
107	I work two (2) jobs. [Too Busy]	May 20, 2013 7:07 AM

Q8. Has your health improved as a result of having the EPS Wellness Program in place? If so, how? Please list ALL that apply below.

1	No sick days!!	Jun 5, 2013 3:39 PM
2	Already physically active, none of health issues listed	Jun 5, 2013 10:24 AM
3	I've lost weight, but not because of the EPS program	Jun 5, 2013 8:19 AM
4	I have always exercised so this doesn't apply to me.	Jun 5, 2013 7:57 AM
5	Just knowing it's available -- when I have time. :(Jun 5, 2013 7:55 AM
6	I enjoyed trying yoga for the first time when it was offered at JHS - it helped with the physical activity and the stress.	Jun 4, 2013 2:18 PM
7	I took one class on stress and it did help me.	Jun 4, 2013 1:57 PM
8	I did not participate in the wellness program	Jun 4, 2013 1:39 PM
9	maintained weight	Jun 4, 2013 12:17 PM
10	n/a; see #4 above	Jun 4, 2013 11:57 AM
11	Asma	May 31, 2013 7:16 PM
12	my health improved from husband's wellness program and phone calls.	May 31, 2013 3:29 PM
13	The exercise class I attend at my school is not actually sponsored by the ESD.	May 31, 2013 2:10 PM
14	Increased confidence; increased energy; decreased joint pain;	May 31, 2013 9:24 AM
15	staff room chats about health topics & places to go visit...more laughing = less stress	May 31, 2013 8:28 AM
16	Helped to be conscientious about my health	May 30, 2013 2:31 PM
17	ZERO sick days this year!	May 30, 2013 10:13 AM
18	None apply.	May 28, 2013 3:44 PM
19	none	May 28, 2013 3:32 PM
20	More physically active when fitness classes were available	May 28, 2013 3:13 PM
21	impetus to get a check up	May 28, 2013 12:08 PM
22	I'm more concious of trying to eat healthy	May 28, 2013 10:42 AM
23	off blood pressure medicine I've been on for 6+ years!	May 28, 2013 10:03 AM
24	Haven't regularly participated	May 28, 2013 9:59 AM
25	I didn't like the changes to this year's wellness challenge and did not do it.	May 28, 2013 9:48 AM
26	Participated in Bike to Work 3 years now	May 28, 2013 9:42 AM

Q8. Has your health improved as a result of having the EPS Wellness Program in place? If so, how? Please list ALL that apply below.

27	Due to chronic pain issues in my neck I will be having a spinal fusion to correct the severe degenerative disk issues that have been affecting by stressful work conditions/situations. So I have always been careful to follow p.t./ physician advice. Opt to stay away from group activities which would cause more stress by not being able to do them. I believe this is a great option for those who need peer support. When my day is done at work I am done physically.	May 28, 2013 9:38 AM
28	Just feel better over all.	May 28, 2013 9:37 AM
29	No. It has improved because of me.	May 28, 2013 9:31 AM
30	Probably has helped to encourage staff to rally together to create or own workout programs. For some the district schedule does not work and for others the \$ for classes does not work. We created our own with enough of us that know leading others that want to know.	May 24, 2013 3:04 PM
31	I love "Sit less and Move more" the best.	May 23, 2013 11:17 AM
32	Happier :-)	May 23, 2013 9:21 AM
33	More staff camaraderie	May 22, 2013 12:27 PM
34	New ways of keeping me on track on my personal goals	May 22, 2013 10:01 AM
35	not involved	May 21, 2013 3:47 PM
36	I tend to manage my health on my own and haven't needed the Wellness Program to do so.	May 21, 2013 2:19 PM
37	increased awareness	May 21, 2013 2:00 PM
38	I am involved in my own program already but will take advantage of this one from the beginning next year	May 21, 2013 12:17 PM
39	I tend to be more active so it helps me keep my weight in check	May 21, 2013 12:11 PM
40	I feel I am more positive as a result of taking advantage of the Wellness activities	May 21, 2013 11:56 AM
41	Increased overall consciousness of healthy activities and behaviors	May 21, 2013 11:14 AM
42	my weight loss is not because of the wellness program, it's because I did it myself.	May 21, 2013 11:03 AM
43	I'm eating more vegetables and I think the variety of challenges are fun!	May 20, 2013 4:11 PM
44	decreased back pain and great friendships developed from having a common daily goal where we are supporting one another!	May 20, 2013 2:12 PM
45	I liked the 10 minute ways to get moving	May 20, 2013 1:19 PM
46	I already ate healthy foods but you have some great recipe ideas	May 20, 2013 9:57 AM
47	noticable difference when yoga is available and not for me	May 20, 2013 9:57 AM

Q8. Has your health improved as a result of having the EPS Wellness Program in place? If so, how? Please list ALL that apply below.

48	The "My Plate" model has really changed my eating habits	May 20, 2013 9:32 AM
49	more focused on my needs and not just of other's needs	May 20, 2013 8:44 AM
50	Overall wellness and energy	May 20, 2013 8:41 AM
51	New ideas for relaxation and stress management	May 20, 2013 8:31 AM
52	more educated on health related topics	May 20, 2013 7:50 AM
53	My daily motivation has increase and I am much happier.	May 20, 2013 7:49 AM
54	Better accountability	May 20, 2013 7:10 AM

Q10. Do you have any comments, feedback, questions, concerns, or suggestions about the EPS Wellness Program you would like to share?

1	Logging activities is takes way too much time [Disatisfied with Tracking]	Jun 6, 2013 9:03 PM
2	I'd like the physical exercise to be in time increments. 5 minutes here and 10 minutes there adds up. The 45 minutes this year made me not participate.	Jun 6, 2013 6:13 PM
3	Work with HealthForce so that we can log after the last day of the month. I meet my goals, but forget to log them and seem to remember on th 1st or 2nd of the month EVERY month! By then it's too late to log it :(Do something like the Ironman again! That was awesome! [WC Logging Deadline]	Jun 6, 2013 1:59 PM
4	The new format of the Wellness Challenge was too complicated, so I did not choose to participate. I like the old format much better. [WC Changes]	Jun 6, 2013 12:59 PM
5	Keep it up. My schedule is changing for next year and I hope that will allow me the time to participate.	Jun 6, 2013 12:19 PM
6	No	Jun 6, 2013 10:11 AM
7	I didn't like the deadlines for the challenges. When I was ready to start, I had missed the deadline... [WC Logging Deadline]	Jun 5, 2013 6:07 PM
8	I would like to see some way of rewarding people specifically for finding their personal room for improvement and improving it? Like, not being so general about healthy plate, doesn't work for vegan, or folks avoiding grains or dairy, yet still eating healthy... [Complaints WC]	Jun 5, 2013 12:47 PM
9	this years progrems were a little more labor intensive so I just lost track [WC Changes]	Jun 5, 2013 11:22 AM
10	It would be nice for buildings to have a group meeting at least one time for all who are participating so we can cheer one another on as we get going and can share activity ideas if anyone has something great they like to g=do that is working for them; like a certain path ehty like to walk, an upcoming race to be involved in or a bike trail they might have enjoyed....	Jun 5, 2013 11:17 AM
11	I work part time and coming back to exercise after school hours isn't good use of my time or gas. I am motivated to exercise and have been exercising consistently for over 30 years, Events like walktober can be done from home and during my day so I will continue to look for those opportunities. [Fitness Class Feedback]	Jun 5, 2013 10:24 AM
12	In a 6 month time, it is hard to get in 3 screenings. I had 3 screenings screening scheduled, but my doctor canceld my June 21st physical so I will not get 3 different ones in. I am hoping my 2 dental appointments will count. With insurance the way it is, we cannot move appointments up in the calendar year to get them in. [Complaints WC]	Jun 5, 2013 9:12 AM
13	My workload significantly impacts my ability to have a healthy lifestye and increases my stress level. My largest barrier to exercising regularly and eating healthy is finding time because I am working 10-15 hours per day. Supervisors helping to triage workload and set clear and reasonable priorities would significantly improve my wellness. [Workload Barrier]	Jun 5, 2013 9:11 AM

Q10. Do you have any comments, feedback, questions, concerns, or suggestions about the EPS Wellness Program you would like to share?

14	I think it is great and wish I could be more involved with the what the program is doing.	Jun 5, 2013 9:02 AM
15	Please have 4 PM yoga classes at the new center! [Timing of Classes]	Jun 5, 2013 7:51 AM
16	I do appreciate efforts to keep a yoga class at Cascade. Sure wish we had a way to pull more people into the classes. [Fitness Class Feedback]	Jun 5, 2013 5:28 AM
17	No	Jun 4, 2013 10:35 PM
18	Loggin system is sometimes difficult. Some aspects of the wellness program invade privacy. [Confidentiality Concerns]	Jun 4, 2013 10:08 PM
19	I love it! Thanks for the variety of activities and wonderful things you do to motivate us! [Positive Feedback General]	Jun 4, 2013 9:57 PM
20	All of the activities, choices, etc. are great, however, I am always too busy to take advantage of them. [Too Busy to Participate]	Jun 4, 2013 5:15 PM
21	Great program [Positive Feedback General]	Jun 4, 2013 5:04 PM
22	I really missed having the exercise classes offered. [Fitness Class Feedback]	Jun 4, 2013 3:47 PM
23	I think it's a good idea and is helping a lot of people. [Positive Feedback General]	Jun 4, 2013 2:55 PM
24	Continue the program [Positive Feedback General]	Jun 4, 2013 2:52 PM
25	I ended up being able to run in a 5K this past month. I haven't done this in 10 years. However, because I didn't put it down as a goal at the beginning I wasn't able to count it. I don't think this should be expected. I was proud of what I did and had no idea in January that I would feel physically fit enough to do this. [WC Logging Deadline]	Jun 4, 2013 2:37 PM
26	I love the "Feel like a million" booklet this year. It was really helpful to check off my activities and learn about healthy habits all in one booklet. It was easy to have it at my desk and it took seconds to track during the day. [WC Positive Feedback]	Jun 4, 2013 2:21 PM
27	It was a pain in the rear to log all the different things for the Wellness Challenge. So I discontinued. [Disatisfied with Tracking]	Jun 4, 2013 2:20 PM
28	Great ideas. My challenge is childcare and having too much work to complete. I often work late and then do more work after I get home. By then, I'm too tired to exercise. [Too Busy to Participate]	Jun 4, 2013 1:55 PM
29	I did not like that we could not go back after the end of the month to log our activities. When I missed the deadline and was told by the program coordinator that there was no way to log them anymore, it discouraged me. I ended up giving up on the program. I also think that one semester is too long to keep us motivated to continue. I would like to see shorter lengths for each session. [WC Logging Deadline]	Jun 4, 2013 1:54 PM
30	frustrated logging onto account. [Complaints WC]	Jun 4, 2013 1:41 PM

Q10. Do you have any comments, feedback, questions, concerns, or suggestions about the EPS Wellness Program you would like to share?

31	none	Jun 4, 2013 1:39 PM
32	For wellness challenge, I did not like that now documentation of LHP visits is necessary. I did not know that when I initially went to LHP, so did not have form with me. My clinic charges \$25 to fill out paperwork, so I will not get credit for my appt in the challenge. [Misinformed]	Jun 4, 2013 1:10 PM
33	I have enjoyed the Wellness Challenge but this year life events have kept me from fully participating. I hope it is continued so I can continue to benefit from it next session. [WC Positive Feedback]	Jun 4, 2013 1:03 PM
34	I love having challenges and rewards. please offer more rewards and incentives within the community for meeting those weight loss challenges. [WC Suggestions]	Jun 4, 2013 1:02 PM
35	I am proud that myself and others at school completed the challenge together [Positive Feedback General]	Jun 4, 2013 12:45 PM
36	I like to use it but the technology part was not easy as I had to get a new password more than I want to admit. So, if I could pick my password it would be greatly appreciated. I also didn't like having to change my login name for the 2nd semester. [Complaints WC]	Jun 4, 2013 12:39 PM
37	The reason I marked that the classes are not important to me is solely for the reason that I can't participate because I have to pick up my kids from school. Otherwise, I think they are great for people who can participate. Also, the reason I marked that the smoking cessation program is important to me is not because I am a smoker, but that I would like to be able to encourage anyone who does smoke to quit.	Jun 4, 2013 12:12 PM
38	thank you	Jun 4, 2013 12:05 PM
39	It is difficult to be thinking about this while at school. I prioritize work related things while here and my health outside of school hours. I would like to see the PTSA luncheons to have a healthier spread so that I feel less guilty for participating in them.	Jun 4, 2013 11:50 AM
40	I would like to see way more fitness classes offered and advertising for them at more sites ... if they are far away - ppl will not go [Fitness Class Feedback]	Jun 4, 2013 11:46 AM
41	Some later start times for fitness classes would be nice for those staff members who work later hours. [Fitness Class Feedback]	Jun 3, 2013 8:41 AM
42	I know wellness program is very important to the Students and Staff and parents [Positive Feedback General]	May 31, 2013 7:16 PM
43	I have noticed healthier foods being shared in staff lunchrooms with coworkers. [Positive Feedback General]	May 31, 2013 3:29 PM
44	It is difficult to get to after school exercise classes due to the increased number of meetings. [Fitness Class Feedback]	May 31, 2013 3:27 PM
45	I would love it if the yoga teacher who teaches us was included in the ESD	May 31, 2013 2:10 PM

Q10. Do you have any comments, feedback, questions, concerns, or suggestions about the EPS Wellness Program you would like to share?

	Wellness Program, but she works out of the Mukilteo YMCA. [Fitness Class Feedback]	
46	I liked the Wellness Challenges for the 2011-2012 school year better than the 2012-2013 school year. It seemed more flexibles & fit my schedule & abilities much better. I had difficulties with the concept and execution of the "game" that was offered as an option and the other option seemed more difficult than was possible for me. [WC Changes]	May 31, 2013 9:24 AM
47	Keep doing it! I was sad that my yoga class was cancelled. [Fitness Class Feedback]	May 31, 2013 8:44 AM
48	I think this semester was the most time consuming and non supportive of the wellness challenges. Few people were willing to jump through the hoops and lost interest in the program. [WC Changes]	May 31, 2013 7:53 AM
49	Make it easier especially for beginners	May 31, 2013 7:49 AM
50	What has discusted me is seeing a staff member that says they are doing this & getting the \$\$\$ & they are so out of shape they can't even bend over. Plus they are bigger now then 2 years ago. Maybe everyone should weigh in at the begaining and end. When doing October I watched them put the meter reader on there foot & just sit and tap they're foot. I know how long it takes to do 10000 steps a day & there is NO Way this person can close. Just discusted me.	May 31, 2013 6:17 AM
51	i am always more interested in participating than time allows [Too Busy to Participate]	May 30, 2013 8:55 PM
52	no	May 30, 2013 4:12 PM
53	Not at this time	May 30, 2013 2:31 PM
54	I would like you to consider weekly support groups in each school to help people come up with ideas or plans that can mutually supportive	May 30, 2013 9:37 AM
55	This last challenge had too many components to it. [WC Changes]	May 30, 2013 7:59 AM
56	It could have just been my year, but I felt that I didn't see as many workshops and activities this year.	May 29, 2013 4:24 PM
57	I hope that enough poeple find value in this program for it to make it worth the funding.	May 29, 2013 3:00 PM
58	You guys are doing a good job. [Positive Feedback General]	May 29, 2013 2:24 PM
59	Great Program [Positive Feedback General]	May 29, 2013 11:08 AM
60	The new wellness challenge this year is pretty difficult to complete even as someone whi is very active, eats healthy, and gets regular checkups at the dr and dentist. I think this could discourage others because of the difficulty. [WC Changes]	May 29, 2013 9:52 AM
61	It takes time to sign up for things and maintain a record. I need to take more time	May 29, 2013 8:51 AM

Q10. Do you have any comments, feedback, questions, concerns, or suggestions about the EPS Wellness Program you would like to share?

	to figure out how it all works. [Disatisfied with Tracking]	
62	Thank you for doing this! [Positive Feedback General]	May 29, 2013 8:49 AM
63	I find that I felt overwhelmed with all the info I was inundated with but after 6month I am understanding all the logging in better and how things overlap.My Goal for the next 6 month is to loose more weight.	May 29, 2013 8:38 AM
64	Gail does a phenominal job promoting health in our district. [Positive Feedback General]	May 29, 2013 8:38 AM
65	Not too happy about doctor's note required this year. Didn't really participate because of it. Would like to see an easier fill like the Walktober. I love the Wellness program and would like to see it continue. [WC Changes]	May 29, 2013 8:20 AM
66	thank you for WW	May 29, 2013 8:11 AM
67	I'd love excercise classes offered at my school, consistently, 2-3 days a week. Unfortunately it doesn't seem to be a priority with colleagues as they haven't come in the past. Would love WW! [Fitness Class Feedback]	May 29, 2013 7:57 AM
68	Thanks for your positive efforts! [Positive Feedback General]	May 28, 2013 9:42 PM
69	I would like to see the Weight watchers at later time of the day. For a late start school we were not able to make it to any meetings.	May 28, 2013 6:28 PM
70	I feel that this year's categories were too complicated to keep track of. [WC Changes]	May 28, 2013 5:49 PM
71	Would like classes offered at Madison	May 28, 2013 5:00 PM
72	As a .6 part time employee who has Medical Insurance through my husband's employer do I qualify for the Wellness Programs [Misinformed]	May 28, 2013 4:54 PM
73	The \$ incentives with the wellness challenge work for me!!!	May 28, 2013 4:38 PM
74	It is a great program, but it doesn't work well for this school. I was somewhat angry to see district administrators getting to go for a run during their lunch time. I don't even get a lunch time because things are just too busy at this school, let alone get to go for a walk or a run during a lunch time. I tried to sign up and attend exercise classes once and I only got to attend 2 sessions because of meetings, etc. after school. It was a great class, but a waste of my money!	May 28, 2013 4:17 PM
75	I would like to have a Wellness Representative at each school (like an EEA Representative) who would go to a monthly meeting and then report back. I would love to see a challenge between schools with a great incentive for weight loss or exercise, etc.	May 28, 2013 4:03 PM
76	Dr. Gail has been a terrific addition and benefit for the employees of Everett Public Schools! [Positive Feedback General]	May 28, 2013 3:56 PM
77	tracking is time consuming sometimes especially the eating month. [Disatisfied with Tracking]	May 28, 2013 3:50 PM

Q10. Do you have any comments, feedback, questions, concerns, or suggestions about the EPS Wellness Program you would like to share?

78	I guess I just forget to sign up for activities because my plate is already so full with work stuff, however; I am a physically fit person who exercises and eats somewhat well.	May 28, 2013 3:47 PM
79	Keep it up! I know it's a good thing for many, and I do believe it puts a priority on being healthy, which is arguably a matter of national security for our country--seriously.	May 28, 2013 3:44 PM
80	the program is becoming too pushy. Also it is becoming to nosy the only person(s) that need to know my overall health and health habits is #1 myself and #2 my doctor not some company sitting behind a desk asking personal questions. This totally turned me off and I am sorry as it is not Gail B fault but I think the district needs to put a limit on what surveys/questions about our personal health or if we have a physical and what was involved in that physical...this is NOT anyones business except mine and my dr. [WC Changes]	May 28, 2013 3:44 PM
81	It would be really great if we could keep track of all of our wellness activities the same way. The scorecard was a good start, but it could be more efficient and use more common sense. Points for things that took money and time should be way higher than just eating a healthy meal or two. Then there were things that were promoted that didn't count on the scorecard like the Sit Less. [WC Changes]	May 28, 2013 2:48 PM
82	I have participated in a few of the wellness challenges and find the computer tracking website sometimes difficult to use and submit tracking [Disatisfied with Tracking]	May 28, 2013 2:10 PM
83	I wish we could get more involved at Gateway but the desire is not strong. The same group does it each year which is good but our team needs to look at other ways to get more involved	May 28, 2013 1:54 PM
84	Too cumbersome to do all that logging in!.... I can hardly do my job! [Disatisfied with Tracking]	May 28, 2013 1:49 PM
85	I love that we can just add all stuff on the accounts wonderful..	May 28, 2013 1:11 PM
86	I like getting bonus pay for what I already do :) [Positive Feedback General]	May 28, 2013 1:10 PM
87	I would like more yoga classes offered at diferent times so I can attend! [Fitness Class Feedback]	May 28, 2013 12:48 PM
88	although I feel I lead a pretty healthy lifestyle, I find that I hold myself accountable when I am participating in one of the wellness challenges. [Positive Feedback General]	May 28, 2013 12:44 PM
89	Please continue Weight Watchers next year.	May 28, 2013 12:41 PM
90	Exercise is the best stress reducer for me, but that would be "double-dipping" I guess. The other options for reducing stress do not match. Not sure how to resole that ... [Fitness Class Feedback]	May 28, 2013 12:40 PM
91	Really enjoy the Wellness Challenge! This last one had options that were very time consuming such as the daily log for Feeling Like a Million. It might have	May 28, 2013 12:31 PM

Q10. Do you have any comments, feedback, questions, concerns, or suggestions about the EPS Wellness Program you would like to share?

	been less cumbersome for 4-6 weeks. [Disatisfied with Tracking]	
92	I think it is an important program to offer in the district with benefits for both administration and employees. [Positive Feedback General]	May 28, 2013 12:19 PM
93	Its been a positive experience and im enjoying it. [Positive Feedback General]	May 28, 2013 11:53 AM
94	THANK YOU FOR THE CARE AND CONCERN YOU HAVE GIVEN US AND THE OPPORTUNITIES TO CHALLENGE OURSELVES THAT WE MAY NOT HAVE HAD OTHERWISE [Positive Feedback General]	May 28, 2013 11:49 AM
95	Offer more classes that are later in the day-like 4:30 and 5:00 So many people are at work until 4 or 5 in the District The program leaves out all kinds of folks who simply cannot get to some of the classes [Fitness Class Feedback]	May 28, 2013 11:47 AM
96	I thought some of the challenges were confusing and had us logging the same infor twice. [Disatisfied with Tracking]	May 28, 2013 11:37 AM
97	not at this time	May 28, 2013 11:33 AM
98	Keep the program going it's been awesome for our staff and myself at different times the last few years. [Positive Feedback General]	May 28, 2013 11:22 AM
99	No	May 28, 2013 11:21 AM
100	This is a wonderful program and I hope that ESD continues it. [Positive Feedback General]	May 28, 2013 11:09 AM
101	I'd love to see it continue and I'd take more advantage of the classes if they were more rigorous (hot yoga!!, boot camp, sculpting classes, kick boxing). [Fitness Class Feedback]	May 28, 2013 11:07 AM
102	It would be nice to know the schedule of classes being offered for the upcoming school year to determine if I want to continue my gym membership. I don't like paying for both. Main reason for not participating much this year, plus limited class selection. [Fitness Class Feedback]	May 28, 2013 11:06 AM
103	more zumba and TBC classes provided after school with longer sessions. :) [Fitness Class Feedback]	May 28, 2013 11:04 AM
104	Finding out after the fact that certain things such as a physical exam required a dr. signature - after I had gone was disappointing - I do not feet it is worth my time or my dr. to go back in and sign it for the challenge. For someone that is very active in classes elsewhere - I did not take enough Everett classes since they were discontinued and I am not interested in doing any goal oriented physical accomplishment - but hit the gym at least once a day, often twice every day - so that seem unacknowledged [Complaints WC]	May 28, 2013 11:03 AM
105	Thanks for all you do to meet different needs and increase awareness of our wellness. [Positive Feedback General]	May 28, 2013 10:56 AM
106	During this 6 month period, there was a lot of paper pencil items to receive points, example = the book to receive the 4 points for the stress catagory.	May 28, 2013 10:53 AM

Q10. Do you have any comments, feedback, questions, concerns, or suggestions about the EPS Wellness Program you would like to share?

[Disatisfied with Tracking]

107	Thanks for keeping this program in place it has helped me to keep my exercise and nutrition a priority. Thus making me a better -happier employee. [Positive Feedback General]	May 28, 2013 10:51 AM
108	The Wellness Challenge is critical to my focusing on all aspects of my health throughout the year. I am very grateful to have this program as part of my workplace. [Positive Feedback General]	May 28, 2013 10:46 AM
109	I miss the Zumba classes [Fitness Class Feedback]	May 28, 2013 10:43 AM
110	I like the classes and programs best when offered at my school. I've tried them at other schools and it's more difficult, and hard to feel a part of that group. [Fitness Class Feedback]	May 28, 2013 10:42 AM
111	Has become to complex to fill out [WC Changes]	May 28, 2013 10:33 AM
112	I have lost 34 pounds in the last few years. [Positive Feedback General]	May 28, 2013 10:28 AM
113	The points earned for physical activity should be calculated on time spent excersizing rather than #days of the week spent excercising. The game was way too complicated and took too much time so I ended up not doing it. [WC Changes]	May 28, 2013 10:23 AM
114	LOVE IT--thanks! [Positive Feedback General]	May 28, 2013 10:16 AM
115	financial incentive for participation is a great idea. [Positive Feedback General]	May 28, 2013 10:11 AM
116	I really miss the afternoon classes. Loved yoga and boot camp. [Fitness Class Feedback]	May 28, 2013 10:11 AM
117	I didn't see PGS on the list of schools above	May 28, 2013 9:49 AM
118	I didn't like the changes to this year's wellness challenge and did not do it. [WC Changes]	May 28, 2013 9:48 AM
119	In keeping with eating healthy, let's have a eating healthy day each week. Make it a fun and perhaps interactive. At times I struggle with healthy snacks, would love to see what others have in their arsenal of recipes. [WC Suggestions]	May 28, 2013 9:47 AM
120	I would like to see more interest and participation in my building. Maybe a wellness rep could come to a staff meeting to inform us and motivate us to get involved. I feel like I have to participate alone and that is less motivating for me,	May 28, 2013 9:45 AM
121	The Wellness Challenges would have worked better if they had included a couple of "byes"--I gave up recording when I missed one or 2 days. I don't like all that recording of activities--it's time consuming and I have enough paperwork to do already, [WC Logging Deadline]	May 28, 2013 9:44 AM
122	I appreciate having the program! [Positive Feedback General]	May 28, 2013 9:43 AM
123	I'm still frustrated with the online Wellness Challenge site. Too many issues	May 28, 2013 9:41 AM

Q10. Do you have any comments, feedback, questions, concerns, or suggestions about the EPS Wellness Program you would like to share?

	(separate login, difficult to navigate, and others) but the biggest issue is not being able to enter data after the end of each month. I need more flexibility to input daily data [Complaints WC]	
124	Concern: fewer fitness classes offered will result in decline of wellness participation. Comment: reduced gym membership fees are GREAT opportunities for staff to work out on own time. [Fitness Class Feedback]	May 28, 2013 9:41 AM
125	More classes at each school site and earlier times. [Fitness Class Feedback]	May 28, 2013 9:40 AM
126	I am glad that the district supports wellness. I think that it is important thing for employees. It creates a sense of well being. [Positive Feedback General]	May 28, 2013 9:37 AM
127	Yes. I think the program was better at the beginning. There were cooking classes in school. Right now I think it is good for some parts of our workforce but all. I think we need to reevaluate.	May 28, 2013 9:32 AM
128	keeping track of all the different promotions and requirements gets overwhelming [Disatisfied with Tracking]	May 28, 2013 9:32 AM
129	Love the stress management class!	May 28, 2013 9:31 AM
130	I appreciated having some of the stress management resources online since the classes are only offered at specific times that never work for me. I also really appreciate being able to get a flu shot!	May 28, 2013 9:31 AM
131	I think it is a waste of money to have a Wellness Coordinator employed by the district.	May 28, 2013 9:31 AM
132	Not everyone is able to participate. Don't like the idea of my employer concerning themself with my health. How about making health care more affordable [Confidentiality Concerns]	May 28, 2013 9:30 AM
133	I liked the sign up model for the last Zumba sessions at Lowell. [Fitness Class Feedback]	May 28, 2013 6:13 AM
134	The time in my life I was most successful at increasing physical activity was when I committed to meeting with a neighbor in my culdesac at 5 AM EVERY SINGLE DAY to walk a 4 mile hilly loop, rain or shine. We knew if we didn't show up, our name was mud because our buddy would be standing out in the rain wondering where we were and feeling crabby about getting up early and being stood up. We did this for about 5 years. Figure out a way to duplicate that accountability, and the health of all involved would skyrocket.	May 25, 2013 8:43 AM
135	I think a program can be beneficial for some that are on the fence about exercising.	May 24, 2013 3:04 PM
136	Hopefully next year I'll be able to do another fitness class. [Fitness Class Feedback]	May 24, 2013 9:33 AM
137	I followed the wellness challenge guidelines each month but found the entry process to be too time consuming to enter all the tracking in order to earn the benefit check. Very frustrating. [Disatisfied with Tracking]	May 23, 2013 12:38 PM

Q10. Do you have any comments, feedback, questions, concerns, or suggestions about the EPS Wellness Program you would like to share?

138	I would like to see more fun program like district participate in "Mud Run" or "Color Run" or our own fun activities.	May 23, 2013 11:17 AM
139	I appreciate any and everything the wellness program offers. I've lost 66lbs, I'm off all my medication, I have more energy, and I'm happier. It's good to enjoy life. Thank you for your efforts. [Positive Feedback General]	May 23, 2013 9:21 AM
140	it would be nice if the district has a stipend to help pay for health membership at a club. This would motivate me to keep my membership at a club of my choice.	May 22, 2013 5:44 PM
141	I really love the fitness classes and love having Nanette R. as our zumba instructor. She makes the class!!!! So motivating and encouraging ! It would be great if we could have classes last for longer periods of time (ie Sept. to winter break, Jan. to mid-winter break or spring break, etc). Can we get registration for September classes going right now so we can start right away?	May 22, 2013 12:27 PM
142	Thank you for offering a variety of classes in a variety of locations.	May 22, 2013 12:11 PM
143	It must be a monumental task to coordinate wellness for so many employees. I participate in most activities even though I believe myself to be quite healthy and very active - because it's good for me, good for most employees and good for the district. We all have something to gain through challenges or shared information (probably the time involved in doing wellness tasks and well as logging them are the main obstacles (as parts of the challenges are somewhat bothersome in their recording, etc.)	May 22, 2013 11:18 AM
144	I found the eating healthy part hard to do on the challenge his time because I am not eating many grains and so my plate isn't "balanced".	May 22, 2013 11:15 AM
145	I needed help to write my personal mission statement for Feel like a Million program, but didn't get ideas or help and I am behind in that. Filtered water supply should be something that the Wellness program could provide or improve at schools or workplace.	May 22, 2013 10:01 AM
146	I am pretty knowledgeable about healthy lifestyle issues but I do enjoy reading the newsletter and like the content.	May 22, 2013 8:40 AM
147	I think it's a good idea and know that staff members have really enjoyed and benefited by it. I already had a personal health plan in place. [Positive Feedback General]	May 22, 2013 8:28 AM
148	Thank you for caring about my health [Positive Feedback General]	May 22, 2013 8:04 AM
149	The logging in is too cumbersome.... I have trouble getting everything done that I need to at school... when I am at home I am gone at night exercising and don't want to log it all in. It is way beyond what is appropriate for keeping track. [Dissatisfied with Tracking]	May 22, 2013 6:31 AM
150	It is difficult for people working at late start schools to get to the classes offered at other sites. [Timing of Classes]	May 21, 2013 10:40 PM
151	If I work with a Personal Trainer and a Wellness Coach outside the Wellness Program, it should still be accepted. [Complaints WC]	May 21, 2013 4:36 PM

Q10. Do you have any comments, feedback, questions, concerns, or suggestions about the EPS Wellness Program you would like to share?

152	I appreciate all that we have in our district with regards to wellness. It is fabulous! [Positive Feedback General]	May 21, 2013 3:54 PM
153	Weight Watchers offered at James Monroe	May 21, 2013 3:08 PM
154	I have participated in a lot of activities in the past years - health classes & fitness classes. I think the program is great. [Positive Feedback General]	May 21, 2013 2:48 PM
155	There are many of us who maintain healthy lifestyles without participating in the Wellness Program. Please don't see this as a failure of your program. For me personally, the tracking is the reason I don't participate. [Disatisfied with Tracking]	May 21, 2013 2:19 PM
156	I think that because you have expected more for completing the Wellness program, less staff have chosen to participate. [WC Changes]	May 21, 2013 2:14 PM
157	make the challage eazier to sign up for	May 21, 2013 2:03 PM
158	I would like to see it offered to substitute employees, if not free or the same reduction in price as permanent employees, but at least some sort of discount based on the number of hours he/she work per week/month/school year.	May 21, 2013 1:04 PM
159	Throw out question 9 since if you clicked on a 1 it ranked all others for you!!!!!!!!!!!!!!	May 21, 2013 12:55 PM
160	I would love to see using myfitnesspal.com as a link with our program. I've started using it to log food and exercise. It's very motivating! (and it's free!)	May 21, 2013 12:54 PM
161	I felt the challenges were too difficult to understand this year - signing up, turning things in, surveys. [WC Changes]	May 21, 2013 12:36 PM
162	I like participating in the Wellness Challenge. It changes so much every enrollment period that it is sometimes hard to figure out what is new and how to complete challenges. [WC Suggestions]	May 21, 2013 12:29 PM
163	Thank you!! Great Job! Really like the Nutrition info on the website, thank you! Would love to see even more... :) [Positive Feedback General]	May 21, 2013 12:29 PM
164	Keep Zumba! Best attended class ever! [Fitness Class Feedback]	May 21, 2013 12:27 PM
165	I would like to see the fitness classes offered at an increased level [Fitness Class Feedback]	May 21, 2013 12:23 PM
166	It's a great program. Everett was ahead of the curve in implementing it. I've read about other organizations that are just now starting it. [Positive Feedback General]	May 21, 2013 12:11 PM
167	Logging into the EPS system was a challenge this time! I am not sure what happened, but I ended up not participating since I could not consistently log in. [WC Changes]	May 21, 2013 11:57 AM
168	I haven taken advantages of numerous activities through the EPS Wellness Program. They all have been very well planned. I have benefitted from this	May 21, 2013 11:56 AM

Q10. Do you have any comments, feedback, questions, concerns, or suggestions about the EPS Wellness Program you would like to share?

	program immensely; even though I was a healthy individual compared to peers, I have added more healthy lifestyle activities to my routine at home and at school. [Positive Feedback General]	
169	I love the program this was just not a good year to be able to join in on classes and it shows but I do appreciate the program The stress management last year from Gail was wonderful missed it this year	May 21, 2013 11:52 AM
170	I loved the new way of setting up classes. The more who sign up the lower the cost. [Fitness Class Feedback]	May 21, 2013 11:51 AM
171	Loved the new way to sign up for exercise classes! [Fitness Class Feedback]	May 21, 2013 11:25 AM
172	Keep improving	May 21, 2013 11:25 AM
173	Would there be a way to have a few days after the end of the month to log goals? I tend to forget or sometimes have issues logging goals and miss out on my points even though I have participated. [WC Logging Deadline]	May 21, 2013 11:25 AM
174	I have a very specific health condition that a group wellness program cannot address.	May 21, 2013 11:21 AM
175	I wish there would be more fitness classes for people who have some issues...arthritis, limited flexibility, back issues [Fitness Class Feedback]	May 21, 2013 11:11 AM
176	I could not get question 9 to work. I believe the Wellness page is most important followed by the email, newlinks, hr newsletter, wellness team, and finally school newsletter.	May 21, 2013 11:02 AM
177	Thanks for all you offer. I loved the "Sit Less" option; it was easy, quick and fun! [Positive Feedback General]	May 21, 2013 10:49 AM
178	The director didn't approve of my personal fitness goal(s). I don't have time to do a marathon, classes, etc. It cost me a point, but I work out consistently. [Complaints WC]	May 21, 2013 10:30 AM
179	I like the month long type challenges. I do better with a laid out plan of something specific to do (or not to do--like no sugar) each day on a calendar. It keeps me motivated to try new things and experience new challenges AND helps me in the year long wellness challenge. [WC Positive Feedback]	May 21, 2013 10:17 AM
180	I don't think people know how easy it is to participate.	May 21, 2013 9:43 AM
181	#9 I couldn't get to rate District e mail & school best I like classes at nearby el schools for fitness wish CW would host some maybe yoga	May 21, 2013 9:19 AM
182	I am happy to have been a giant motivator and inspiration to my colleague. He has an appreciation for my healthy successes, and has since discovered a new healthier path for himself. [Positive Feedback General]	May 21, 2013 8:10 AM
183	I think this is an important on going program because it provides opportunity for a healthier environment which is the same goal we have for our students. [Positive Feedback General]	May 21, 2013 7:24 AM

Q10. Do you have any comments, feedback, questions, concerns, or suggestions about the EPS Wellness Program you would like to share?

184	I would like to have fitness class available at Garfield again. The locations & times of classes are not very convenient for north end schools that started later. [Fitness Class Feedback]	May 21, 2013 12:40 AM
185	Keep up the good work. It impacts a wide range of employees throughout the district. [Positive Feedback General]	May 20, 2013 9:48 PM
186	I hope that the District continues with this important program [Positive Feedback General]	May 20, 2013 8:23 PM
187	Thank you for continuing to fund the Wellness Program. It has made a big difference in the way the staff at my school talk about their health, and celebrate the many ways we are trying to stay healthier. [Positive Feedback General]	May 20, 2013 7:38 PM
188	I think it is great to work for a school district who looks at prevention of health related issues. It seems financially smart, and makes me feel good as an employee to know that my district cares about my well being. [Positive Feedback General]	May 20, 2013 5:39 PM
189	More on site exercise classes [Positive Feedback General]	May 20, 2013 5:33 PM
190	Thank you for the wellness programs. They have been very helpful over the years and I appreciate having these opportunities in the work place! Thanks Gail and EPS benefit trust! [Positive Feedback General]	May 20, 2013 5:09 PM
191	I have been physically active and healthy for years, but the Wellness Program is a chance to continue the healthy habits and have fun! [Positive Feedback General]	May 20, 2013 4:11 PM
192	I felt that the change in requirements to added time set me up to feeling I didn't have time in my day to meet those requirements. [WC Changes]	May 20, 2013 4:03 PM
193	I would like to have the Wellness newsletter regularly emailed to us again. I find I don't read it now that it is not emailed.	May 20, 2013 3:58 PM
194	The wellness program motivates me to be healthier. I do enjoy the challenges but can't always complete them. [Positive Feedback General]	May 20, 2013 3:46 PM
195	I am more aware of what I eat and making better choices. [Positive Feedback General]	May 20, 2013 3:36 PM
196	Program really does not interest me	May 20, 2013 2:59 PM
197	None at this time.	May 20, 2013 2:37 PM
198	I am so grateful for this wonderful opportunity. [Positive Feedback General]	May 20, 2013 2:12 PM
199	I had already started down the wellness path prior to the program's start. Consequently, some of these things don't apply to me. However, it has been big news for some I work with and I have hopes for them. Also, my participation has lessened because I don't take the time to report and record like I used to - I'm much too active to slow down for that.	May 20, 2013 2:06 PM

Q10. Do you have any comments, feedback, questions, concerns, or suggestions about the EPS Wellness Program you would like to share?

200	I really like the variety of challenges you offer throughout the school year. They keep me motivated to move more and eat right. [Positive Feedback General]	May 20, 2013 1:49 PM
201	I am happy we do this, but a little discouraged at my inability to track using Ipad as that is my major form of technology. [Disatisfied with Tracking]	May 20, 2013 1:33 PM
202	Keep up the good work! I love the new ideas that are suggested and discussed. [Positive Feedback General]	May 20, 2013 1:19 PM
203	Thank you for all the Great Work you are doing to all the employee in the district. [Positive Feedback General]	May 20, 2013 1:13 PM
204	I love the Wellness Program! I hope it remains in our district forever. It helps me to remain conscious of my health and wellness. [Positive Feedback General]	May 20, 2013 12:45 PM
205	Clear and concise directions, it takes me a little while to get it on some of the requirements. [Complaints WC]	May 20, 2013 12:41 PM
206	Thanks for all you do!! [Positive Feedback General]	May 20, 2013 12:09 PM
207	have more waight watcher available at different sites and hour or OFFER ON LINE CHALLENGE and once amonth meeting for people like me that can not attened the meeting but need help	May 20, 2013 11:51 AM
208	Life changing program and services [Positive Feedback General]	May 20, 2013 11:50 AM
209	Wellness program got too confusing this time around. There is a major misunderstanding as to what to do to get full credit. [WC Changes]	May 20, 2013 11:48 AM
210	The program(s) offered have helped me keep nutrition and fitness goals in mind better. [Positive Feedback General]	May 20, 2013 11:42 AM
211	When I mark that certain things aren't important to me, it's because those items are not things I personally need to work on (Like Weight Watchers, or quitting smoking), but I'm sure there are people in the district who would greatly benefit from these offerings.	May 20, 2013 11:00 AM
212	Sometime the programs are to much steps. Signing in was sometimes hard.	May 20, 2013 10:34 AM
213	This program helps me to be more conscious of the choices I make re: diet and exercise and encourages me to make healthier choices. This helps me be more accountable. Love the program [Positive Feedback General]	May 20, 2013 10:31 AM
214	It was challenging to remember to record all my points on every activity. Some times we had 3 going at once. [Disatisfied with Tracking]	May 20, 2013 10:26 AM
215	Would love to see something at my school. Even a low impact exercise class would be helpful esp. with so many of us that have injuries or poor physical condition. [Fitness Class Feedback]	May 20, 2013 10:25 AM
216	The EPS Wellness Program is doing a great job in helping staff improve their overall health and maintain overall good health. [Positive Feedback General]	May 20, 2013 10:22 AM

Q10. Do you have any comments, feedback, questions, concerns, or suggestions about the EPS Wellness Program you would like to share?

217	I have heard some colleagues say they will not join because they do not feel it is confidential. [Confidentiality Concerns]	May 20, 2013 10:16 AM
218	The Wellness Challenge is becoming more time consuming to participate in... it was harder for me to get "moving" this year do to trying to figure out WHAT I needed to do in order to meet the goal by June and then again for Dec. I still feel a little unclear on points needed/attained since it takes awhile for some fo teh challenges to calculate and appear on the website. [WC Changes]	May 20, 2013 10:11 AM
219	I appreciate the program...thank you! [Positive Feedback General]	May 20, 2013 9:57 AM
220	Liked the way we did the Wellness program last year. This year was too complicated and restrictive. [WC Changes]	May 20, 2013 9:55 AM
221	I feel there was a lot more paperwork for this season of Wellness and too many "hoops" to jump through this time. I was not able to keep up with all the requirements and dropped out. [WC Changes]	May 20, 2013 9:50 AM
222	Wish the exercise classes would be offered in the south end as they use to be.With the cost ,times and locations.I was bummed out when they stopped. [Fitness Class Feedback]	May 20, 2013 9:44 AM
223	The way that we have set up the Zumba Class at Lowell this session has been the best ever. We have had consistant attendance and we feel like we are a team. The sign-up and payment system went well and was very user friendly. I participated in the Wellness Challenge for the first time. It has made me more aware of my physical activity and eating habits. I would like to participate again. I would like to get my school site more involved in the wellness programs. [Fitness Class Feedback]	May 20, 2013 9:41 AM
224	I just think the changes this year discouraged me from participating. I liked the program and did it every year when it began. [WC Changes]	May 20, 2013 9:41 AM
225	Thank you for offering this program for us - it is truly beneficial to me and my co-workers [Positive Feedback General]	May 20, 2013 9:32 AM
226	More affordable classes for Para's	May 20, 2013 9:22 AM
227	I am more aware of my lack of activity since the program started. I have learned how to eat healthier. [Positive Feedback General]	May 20, 2013 9:19 AM
228	Lower health care costs based upon known health factors such as not smoking, % body fat (not BMI), not drinking alcohol.	May 20, 2013 9:13 AM
229	The monetary incentive is good. It helps to offset some of the cost of my gym membership. [Positive Feedback General]	May 20, 2013 9:12 AM
230	I appreciate that it exists! [Positive Feedback General]	May 20, 2013 8:56 AM
231	I love the program - it seemed like some of the challenges overlapped this year and staff were slightly confused in the beginning of the year. [Positive Feedback General]	May 20, 2013 8:55 AM

Q10. Do you have any comments, feedback, questions, concerns, or suggestions about the EPS Wellness Program you would like to share?

232	Classes are important to me [Positive Feedback General]	May 20, 2013 8:51 AM
233	Just keep up the campaigns, I like the short bursts of focus throughout the wellness campaign. Also, keeping the wellness campaign divided into 6 month parts is great. [Positive Feedback General]	May 20, 2013 8:44 AM
234	I think this years program is a bit more cumberson tech wise. Wasn't always exactly sure I was logging stuff correctly, when to send items in etc . [WC Changes]	May 20, 2013 8:44 AM
235	Please consider all the employees that work to keep buildings open until 4:30 and have some classes after that.	May 20, 2013 8:41 AM
236	I signed up for a 1./2 marathon in June after the program is completed and I cannot get credits from that run because of the close out dates. [Complaints WC]	May 20, 2013 8:41 AM
237	I only sign up for classes that are held at my school site. It is so difficult to leave that I find I do not attend a class at other sites. [Fitness Class Feedback]	May 20, 2013 8:39 AM
238	I did not care for the new format/requirements of the current Wellness Challenge, so this is the first time I did not sign up. [WC Changes]	May 20, 2013 8:37 AM
239	I would like to see a less expensive weight training class offered to all to attend instead of having to coordinate and work out scheduling and fees as a school. It was difficult to coordinate with the trainer's and staff schedule. [WC Changes]	May 20, 2013 8:31 AM
240	Please don't loose the Zumba classes. We have 15-20 in the class now and its great fun. Can we keep Zumba for summer? [Fitness Class Feedback]	May 20, 2013 8:26 AM
241	concern that classes are offered that conflict with work schedule, especially to change clothes and travel. Weight Watchers at work has made such great changes in myself and coworkers that I feel would not have happened in a community setting/class. [Fitness Class Feedback]	May 20, 2013 8:26 AM
242	Love the Wellness Program! [Positive Feedback General]	May 20, 2013 8:25 AM
243	Great program. Challenges are too difficult to complete. [WC Changes]	May 20, 2013 8:19 AM
244	I am concerned with the current wellness challenge in that to receive credit in the one area you have to visit a doctor for medical exams. Most of these are exams you can only do one time a year. It is next to impossible to get credit in this area each time due to the six month cylces of the wellness challenge. [Complaints WC]	May 20, 2013 8:12 AM
245	To much written work to keep track of and turn in during this session. [WC Changes]	May 20, 2013 8:03 AM
246	I have enjoyed the Wellness opportunities over the year. [Positive Feedback General]	May 20, 2013 7:53 AM
247	Thank you for encouraging me daily to move, eat healthy, and relax. [Positive Feedback General]	May 20, 2013 7:49 AM

Q10. Do you have any comments, feedback, questions, concerns, or suggestions about the EPS Wellness Program you would like to share?

248	I think you are doing a great job! Keep it up! [Positive Feedback General]	May 20, 2013 7:44 AM
249	Over the past 5 years, the program has been made more difficult for a person to achieve points for the Wellness Challenge. Too much more criteria have been added over a full year of participation. It needs to be simplified as it was in the first or second year of the program. [WC Changes]	May 20, 2013 7:43 AM
250	I hope it continues. [Positive Feedback General]	May 20, 2013 7:34 AM
251	I found that it is more difficult to stay on track when there is no one else at my site participating. It helps when you can team up and cheer each other on.	May 20, 2013 7:33 AM
252	I would like the option to have fitness classes before work, something like a 6am start. I personally would have liked to participate in more of the fitness classes however, I feel that the schedule made it difficult. For most of the wellness programs time I worked a reduced day and would be out of work 1.5 hours before the first class start time. [Fitness Class Feedback]	May 20, 2013 7:30 AM
253	It gets harder and harder to manage. Too complicated! I'll bet participation is down this time. [WC Changes]	May 20, 2013 7:30 AM
254	I feel this year there is too many programs and too many things to have to try and worry about with the logging in for incentives. It seems like it is becoming too complicated and when something feels like too much work or effort it makes you not want to participate. Too much to think about on top of our jobs. [WC Changes]	May 20, 2013 7:26 AM
255	I have been learning a lot and share it with my own adult children [Positive Feedback General]	May 20, 2013 7:21 AM
256	Great work! [Positive Feedback General]	May 20, 2013 7:19 AM
257	Look forward to the Wellness emails. [Positive Feedback General]	May 20, 2013 7:14 AM
258	No	May 20, 2013 7:07 AM
259	Whenever there is a challenge there is never any time built in for any days that one might be unable to participate. I would suggest adding like 4 days and then knocking out the top two days and the bottom two days of scoring.	May 20, 2013 7:04 AM
260	No	May 20, 2013 7:00 AM
261	I enjoyed the stress management class and the fact that I received course hours for it. We love our Yoga and have maintained it for 5 years due to a dedicated instructor. Walktober builds a team spirit. I also enjoyed the cancer walk in the fall that we did as a district. Finally, I do love the tshirts! Thanks Gail for your Wellness Leadership. [Positive Feedback General]	May 20, 2013 6:59 AM
262	Great thanks for having Weight Watchers at Work! [Positive Feedback General]	May 20, 2013 6:52 AM
263	I have found it to be helpful for me and my family and made us all more aware of how important a healthy lifestyle is. [Positive Feedback General]	May 20, 2013 6:50 AM

Q10. Do you have any comments, feedback, questions, concerns, or suggestions about the EPS Wellness Program you would like to share?

264	What happened to the BIKE CHALLENGE?	May 20, 2013 6:48 AM
265	You need to get rid of the end-of-the-month deadline for entering info. We should be able to go back to the previous, or at least the last few weeks! [WC Logging Deadline]	May 20, 2013 6:43 AM
266	LOVE IT! Keep it coming! [Positive Feedback General]	May 20, 2013 6:39 AM

Q11. Are there additional services or programs you would like to see as part of the EPS Wellness Program in the future?

1	Discounts to more gyms Early am classes [Gym Discounts]	Jun 6, 2013 9:03 PM
2	More flexibility in the challenges. For example I have been eating healthier, but not because of the wellness program because the plate thing is really such a narrow, culturally biased view of good nutrition.	Jun 6, 2013 3:09 PM
3	More walking, hiking etc groups. Not just after school, when I have contractual obligations and cannot attend. [More Group Activities]	Jun 6, 2013 1:59 PM
4	What about creating EPS or school teams for local fun runs. Maybe include students and parents? [More Group Activities]	Jun 6, 2013 12:19 PM
5	No	Jun 6, 2013 10:11 AM
6	I would like to see more ways to be active while sitting at my desk. e.g. stair steppers, having the ability to use my computer while standing, etc. Getting up and moving isn't always an option when deadlines are looming.	Jun 5, 2013 8:25 AM
7	See above	Jun 5, 2013 7:51 AM
8	bike to work [Fitness]	Jun 5, 2013 5:28 AM
9	Dance classes/ Zumba type [Fitness]	Jun 5, 2013 12:07 AM
10	Lower medical bills. Refunds for yearly checkups? [Medical Insurance]	Jun 4, 2013 10:08 PM
11	Take advantage of the Weight Watchers discount for program/meetings that take place outside of the workplace. [Weight Mangement]	Jun 4, 2013 5:04 PM
12	More stress reduction programs [Stress Management]	Jun 4, 2013 4:54 PM
13	Treadmills, rowing machines, or exercise bikes [Fitness]	Jun 4, 2013 3:03 PM
14	It would be great if yoga could be offered agaon. =) [Fitness]	Jun 4, 2013 2:18 PM
15	yoga classes available at each school site before school classes for late start schools [Fitness]	Jun 4, 2013 2:12 PM
16	More opportunities for Weight Watchers at work. (Forest View) [Weight Mangement]	Jun 4, 2013 1:55 PM
17	EPS fitness classes are not consistent, effective or enticing enough. If we already do activities outside of school such as going to the gym, yoga, crossfit, etc., I would like to see a monetary reimbursement program that would keep us motivated to continue to be active. [Gym Discounts]	Jun 4, 2013 1:54 PM
18	none	Jun 4, 2013 1:39 PM
19	It would be great to have fitness activities aimed at employees' families, including all ages of kids. [Fitness]	Jun 4, 2013 1:35 PM
20	Emphasize education. Brown bag luncheons or break-time seminars is a forum- Recruit speakers to lead sessions on cooking healthy meals, staying healthy	Jun 4, 2013 12:45 PM

Q11. Are there additional services or programs you would like to see as part of the EPS Wellness Program in the future?

	while travelling, or quick stress management skills. Keep sessions entertaining but informative [Education]	
21	I didn't participate in wellness as much but with the rise in social networking something you might want to consider is creating a facebook page or twitter account that can upload nutrition facts, events or other things like that. [Social Networking]	Jun 4, 2013 12:25 PM
22	Shoulder massage on site! [Stress Management]	Jun 4, 2013 12:24 PM
23	Tai chi [Fitness]	Jun 4, 2013 12:15 PM
24	Wellness discounts at local yoga, exercise, and online WeightWatchers [Gym Discounts]	Jun 4, 2013 11:56 AM
25	A district 5k would be fun and might be a fun way to bring staff from different locations together. [More Group Activities]	Jun 3, 2013 8:41 AM
26	Yes sure i don't mind having some information how to loose weight . [Weight Mangement]	May 31, 2013 7:16 PM
27	Once a month weigh in and monetary reward for being within 20 pounds of ideal weight. [Weight Mangement]	May 31, 2013 3:29 PM
28	Gail: you came and showed/discussed a couple fitness gadgets at my school. Could you do that again in the fall? after school? lunches? Perhaps you could demo some. BTW, Consumer Reports just rated some fitness gadgets May, 2013, however they plan another one soon for some more sophisticated wellness items. I heard you did a nutrition/cooking class one time. People really got great ideas. Any chance of that coming back? I liked the suggestions for decreasing sitting (disease) and began trying much harder to be more weight-bearing. Would have liked for that to get a little credit on the Wellness Challenge. My dream is to have a stationery bike easily accessible in my room at school. I know. I know. We are not Microsoft or Google. [Fitness]	May 31, 2013 9:24 AM
29	Bring back the classes! [Fitness]	May 31, 2013 8:44 AM
30	more humor	May 31, 2013 8:28 AM
31	Recognize that some of us are already fit. I work out 2 hours a day 5-6 times a week (including taking classes at my gym). I don't need to be forced into Wellness classes. I do understand that your intent is good and thank you for it.	May 31, 2013 7:53 AM
32	Do a weigh in at begaining and end. I know it's not all about weight. [Weight Mangement]	May 31, 2013 6:17 AM
33	no	May 30, 2013 4:12 PM
34	Not at this time	May 30, 2013 2:31 PM
35	Is there another weightloss support group other than weight watchers? something with a nutritionist. It would be cool to connect with alternative medicine practitioners. I miss the massage therapist that used to visit. She	May 29, 2013 4:24 PM

Q11. Are there additional services or programs you would like to see as part of the EPS Wellness Program in the future?

	reminded me to drink more water and gave de-stressing ideas. [Weight Mangement]	
36	Spinning Classes Zumba Classes Healthy Cooking Classes [More Classes General]	May 29, 2013 3:32 PM
37	Would like money puny towards fitness club possibly [Gym Discounts]	May 29, 2013 11:20 AM
38	No, pretty much most of them are being covered or offered	May 29, 2013 11:08 AM
39	Love to see a speaker on High blood pressure, Why a persons blood pressure may be higher when they first wake or just heading to bed etc [More Classes General]	May 29, 2013 8:38 AM
40	Enlighten people on the dangers of GMO's and non-organic food and the dangers of chemicals in our food. [More Classes General]	May 29, 2013 8:31 AM
41	Significantly discounted gym memberships. [Gym Discounts]	May 29, 2013 7:57 AM
42	Not that I can think of at this time.	May 28, 2013 9:42 PM
43	Exercise room at new CRC [Fitness]	May 28, 2013 7:03 PM
44	Fitness classes [Fitness]	May 28, 2013 5:49 PM
45	Hot Yoga [Fitness]	May 28, 2013 4:27 PM
46	I would like to have Weight Watchers at Work (Live Meeting) at Cedar Wood. [Weight Mangement]	May 28, 2013 4:03 PM
47	Offer more fitness class opportunities at times and locations that are more convenient for staff in administration buildings (not schools) to attend.	May 28, 2013 3:56 PM
48	Once I floated the idea of a 3-on-3 basketball winter basketball tournament. I still think this could be a better thing than suggesting people get involved with the Bulldog League. [More Group Activities]	May 28, 2013 3:44 PM
49	I am done so no.	May 28, 2013 3:44 PM
50	Staff Sports, Competitions 3 on 3 basketball league? Kickball tournament? [More Group Activities]	May 28, 2013 3:05 PM
51	additional classes on managing stress [Stress Management]	May 28, 2013 3:00 PM
52	Continue discounts at local facilities [Fitness]	May 28, 2013 2:31 PM
53	Can not think of any right now but I will let you know--I promise:)	May 28, 2013 1:54 PM
54	Get rid of a person, instead pay for health club memberships with documentation of use	May 28, 2013 1:49 PM
55	More stuff for cooks, custodians to do around 1-2pm before the custodians go to work for the night and cooks to do so they dont go home right away	May 28, 2013 1:11 PM

Q11. Are there additional services or programs you would like to see as part of the EPS Wellness Program in the future?

56	Less complicated stress programs, like The Miracle Ball Method. [Stress Management]	May 28, 2013 1:10 PM
57	Morning Fitness Classes would be great! [Fitness]	May 28, 2013 1:08 PM
58	Your options are varied.	May 28, 2013 12:41 PM
59	Maybe more news about community wellness opportunities like 5K walk/runs etc. [Learn about Local Events]	May 28, 2013 12:19 PM
60	Workout classes at the new CRC [Fitness]	May 28, 2013 12:10 PM
61	Not at this time	May 28, 2013 11:53 AM
62	Work with the school cafeteria to provide healthy, nutritious and affordable lunches for staff members to purchase. [Healthy Nutrition]	May 28, 2013 11:51 AM
63	DEFINITELY!	May 28, 2013 11:49 AM
64	not at this time	May 28, 2013 11:33 AM
65	Incentives to our monthly health care costs. The more weight you lose etc. the lower the montly bill,etc. [Medical Insurance]	May 28, 2013 11:22 AM
66	Like to see more classes like the one on stress, but in areas of eating properly if you have diabetes or a heart healthy diet. [More Classes General]	May 28, 2013 11:21 AM
67	See above. :)	May 28, 2013 11:07 AM
68	more zumba and TBC classes provided after school with longer sessions. :) [Fitness]	May 28, 2013 11:04 AM
69	I think the classes are good if enrollment can be more open - drop in as you can classes for less \$\$ might get more people there - Lowell did get quite a few signed up in the end - since it was so inexpensive - it then was ok to sign up and maybe gamble that you wouldn't be able to go because of after school meetings because you would not be out that much \$\$ [Fitness]	May 28, 2013 11:03 AM
70	I would like to see an emphasis on Women's Heart Health month in February. There is never a mention of this and there is much information out there as well as the National Wear Red Day. Heart disease is the # 1 killer of women and the Wellness Program could do a much better job of supporting this.	May 28, 2013 11:01 AM
71	Love the seasonal campaigns they really work for me,I think because they are a short term commitment and seem possible. [Seasonal Campaigns]	May 28, 2013 10:51 AM
72	A few more educational opportunities to learn how to manage stress throughout the year would be good. I'd also like strategies on how to stay active during the crummy weather months. [Stress Management]	May 28, 2013 10:43 AM
73	Greater variety of discounted gym memberships [Gym Discounts]	May 28, 2013 10:43 AM
74	Weight watchers on line support Discounts at local gym's (we use to do this not	May 28, 2013 10:42 AM

Q11. Are there additional services or programs you would like to see as part of the EPS Wellness Program in the future?

	sure it's still available) [Weight Mangement]	
75	I have two young children and I work full time. Due to daycare I don't have time to go to classes or sign up for challenges that require me to take time away from my family. I'd love to see an option where places like Columbia Athletic facility that have a pool offers discount memberships to Everett employees. I would love to join a gym that offers many activities like tennis, swimming or golf (driving range) that I can do with my family. I appreciate the effort of having classes, but you are only focusing on a group of people who don't have children or their children are older and they have the time. There is a large demographic of working parents that struggle to add this to their schedules.	May 28, 2013 10:38 AM
76	Classes for aging gracefully!	May 28, 2013 10:36 AM
77	Gym membership at gym of our choice [Gym Discounts]	May 28, 2013 10:33 AM
78	I am interested in taking a tai chi introductory class - I'm 65 and need to work on balance and just moving. [Fitness]	May 28, 2013 10:31 AM
79	More stress reduction classes/seminars; more yoga classes offered [Fitness]	May 28, 2013 10:26 AM
80	Would be great to get points for using Weight Watchers online as with kids' busy schedules going to meetings isnt possible for me. [Weight Mangement]	May 28, 2013 10:23 AM
81	The pedometers were fun a few years ago. Perhaps we could do that again sometime.	May 28, 2013 10:16 AM
82	partnerships with local businesses, more deals and perks for wellness-oriented services such as massage, nutrition, etc.	May 28, 2013 10:11 AM
83	Meal plans! Meal plans! Meal plans! [Healthy Nutrition]	May 28, 2013 9:45 AM
84	Maybe information about community wellness activities that we might get school teams together to participate in? Such as local 5K races, charity walks, etc. [Learn about Local Events]	May 28, 2013 9:43 AM
85	I'd like to see more advertising of the Bike to Work challenge. [Learn about Local Events]	May 28, 2013 9:42 AM
86	basketball, kickball, other games more family-friendly activities [More Group Activities]	May 28, 2013 9:41 AM
87	Monthly blood pressure monitoring and BMI checks.	May 28, 2013 9:40 AM
88	I really miss the TBC class. It was a great class. I wonder if it needs to be advertised differently? [Fitness]	May 28, 2013 9:37 AM
89	Something about back care. There are a lot of people who have back pain, and it would be nice to have something that addresses it.	May 28, 2013 9:35 AM
90	More quick on site stuff. More easy incentives.	May 28, 2013 9:32 AM
91	TDAP shots since we tend to have pertussis outbreaks at school	May 28, 2013 9:31 AM

Q11. Are there additional services or programs you would like to see as part of the EPS Wellness Program in the future?

92	Yoga, Boot camp and other onsite fitness classes [Fitness]	May 28, 2013 6:13 AM
93	I am a great one for reading all about nutrition/health/fitness, but not so good at the implementation. What about an "Official Person" who mans a mobile unit that goes from site to site and does weigh-ins, measurements, skin caliper measurements, blood pressure checks, on a weekly basis to improve accountability without the time drain of having to attend Weight Watchers or another class? Just knowing "someone else" was going to be checking my progress might help me. Maybe there are others like me...	May 25, 2013 8:43 AM
94	I would like to see support for sites creating their own exercise groups. We do not need to bring in outside people when we have people on staff that are willing and capable of leading classes. [Fitness]	May 24, 2013 3:04 PM
95	More class options at my site... [Fitness]	May 24, 2013 9:33 AM
96	I like to read more health information on regular wellness email because I work part time and I don't have enough time to go and read at the wellness website. Thank you.	May 23, 2013 11:17 AM
97	Blood pressure checks available in your school - that are made known (all schools have a cuff, etc. but maybe most of us do not know to have our BP checked at work). Maybe more "mini" challenges versue the 12 week or monthly ones.	May 22, 2013 11:18 AM
98	Maybe a campaign for prediabetes. I was identified as prediabetic 5 years ago. I check my fasting glucose in the morning to make sure it is under 125. I had a bad scare the other day (after of weekend of too much sweets) when it was 130. I am working really hard right now to loose the weight and I am checking and recording it each day. No more messing around. I am counting calories using the app with my fitbit and weighing each day on my Aria scale that connects to my fitbit and by the fall I should be close to my goal weight. If more people knew their glucose number and could check it regularly themselves maybe they would take it seriously.	May 22, 2013 11:15 AM
99	EPS should offer filtered water in the workplace. In my opinion, for a temporary solution, the Brita pitchers work, but they are not that safe (filter is not that good). Personal goals (I have one) should count too towards meeting the deadlines. And, there should be more time to enter information in the website by the end of the month. Sometimes it gets stressful, for example, I just missed to complete my information for April. It is ideas or suggestions, not that I am criticizing.	May 22, 2013 10:01 AM
100	Perhaps some cooking sessions teaching people how to create healthy meals or how to eat healthy when going to restaurants. [Healthy Nutrition]	May 21, 2013 4:36 PM
101	Jenny Craig discounts?? [Weight Mangement]	May 21, 2013 3:08 PM
102	Last year I thought the day where healthy snacks were provided really promoted the program of health. I think it would be great if there were more days, similar to this, built into the school year. [Healthy Nutrition]	May 21, 2013 2:48 PM
103	healthy recipes [Healthy Nutrition]	May 21, 2013 2:18 PM

Q11. Are there additional services or programs you would like to see as part of the EPS Wellness Program in the future?

104	pts for always wearing helmets, and seatbelts, having working smoke detectors	May 21, 2013 2:00 PM
105	I program for all of us that have diadets.	May 21, 2013 1:07 PM
106	I'd like to see them start after the school day so the north end late start schools can attend and not break contract by leaving the school less than 30 minutes after the students!	May 21, 2013 12:55 PM
107	see number 10	May 21, 2013 12:54 PM
108	More stress reduction. Meditation, perhaps [Stress Management]	May 21, 2013 12:36 PM
109	I would like to see more Weight Watcher classes. There would be more participation if the classes were more convenient for people. [Weight Mangement]	May 21, 2013 12:29 PM
110	Credit for classes and weight management programs not offered through the district. [Weight Mangement]	May 21, 2013 12:27 PM
111	Clock hours for wellness classes	May 21, 2013 11:59 AM
112	More convenient fitness classes and I am greatly interested in trying a scaled-down version of crossfit. [Fitness]	May 21, 2013 11:57 AM
113	Bring back yoga taught by Gail! [Fitness]	May 21, 2013 11:51 AM
114	a bigger variety of wellness classes.	May 21, 2013 11:25 AM
115	I would like more options for yoga classes year round. [Fitness]	May 21, 2013 11:25 AM
116	I sometimes feel intimidated by some of the classes...like I couldn't keep up.	May 21, 2013 11:11 AM
117	Another "eating healthy" class at EHS; maybe a Weight Watchers at EHS [Healthy Nutrition]	May 21, 2013 10:49 AM
118	Option of having a site work out group targeted before your scheduled work day. [Fitness]	May 21, 2013 9:56 AM
119	Mud Run....Combat training [Fitness]	May 21, 2013 8:10 AM
120	None at this time. I liked the continued opportunities to be more active because that is where I personally struggle the most. [Fitness]	May 21, 2013 7:24 AM
121	I would like more seasonal challenges: fit for 45 walktober bike challenge ect. [Seasonal Campaigns]	May 20, 2013 5:39 PM
122	More Yoga and Zumba classes [Fitness]	May 20, 2013 4:27 PM
123	yoga class at my school. [Fitness]	May 20, 2013 3:36 PM
124	Stress reduction classes at each school. [Stress Management]	May 20, 2013 3:04 PM
125	Lower gym rates. [Gym Discounts]	May 20, 2013 2:39 PM

Q11. Are there additional services or programs you would like to see as part of the EPS Wellness Program in the future?

126	None at this time.	May 20, 2013 2:37 PM
127	Nope	May 20, 2013 1:33 PM
128	Information on cancer	May 20, 2013 1:23 PM
129	More yoga opportunities in the north end schools. Could you add Port Gardner as a school on the drop down list too, please? [Fitness]	May 20, 2013 1:19 PM
130	I enjoy the programs you have going now. Keep up the good work!	May 20, 2013 12:45 PM
131	Give incentives to bike to work. Boeing pays for Ferry and gives a monthly stipend to bikers. Let us know when the community is doing things like BIKE TO WORK MONTH.	May 20, 2013 12:09 PM
132	ON LINE WT WATCHERS [Weight Mangement]	May 20, 2013 11:51 AM
133	no	May 20, 2013 11:48 AM
134	Weight loss program with later hours. (5-6 p.m.) [Weight Mangement]	May 20, 2013 11:42 AM
135	Coping with being a member of the "sandwich" generation, caring for both children and elders. The senior centers often offer a speaking series on this topic, but they are usually held during the work day.	May 20, 2013 11:10 AM
136	Free Blood pressure tests stations located at each school - or staff pressure cuff available.	May 20, 2013 10:30 AM
137	Meditation [Stress Management]	May 20, 2013 10:26 AM
138	Is there any way we can get time as part of our day to exercise at school? Ie. fitness class starts earlier? Or maybe each school has a time during collaboration Fridays to collaborate on improving health by having an exercise class on campus..? Just throwing it out there! [Fitness]	May 20, 2013 10:25 AM
139	Keep offering the same service and programs that we have.	May 20, 2013 10:22 AM
140	It is not always weight loss that is the goal it can be weight maintaince as well.	May 20, 2013 10:16 AM
141	??	May 20, 2013 10:11 AM
142	nope	May 20, 2013 9:57 AM
143	Continue Zumba [Fitness]	May 20, 2013 9:55 AM
144	Classes offered at more schools. [Fitness]	May 20, 2013 9:39 AM
145	nutrition classes [Healthy Nutrition]	May 20, 2013 9:22 AM
146	Just keep up the good work! Thank-you for the fitness center at the CRC building. I plan on using it. Could you post stretching exercises in this room? [Fitness]	May 20, 2013 9:19 AM

Q11. Are there additional services or programs you would like to see as part of the EPS Wellness Program in the future?

147	How about an employee gym in the new Admin. Building? [Fitness]	May 20, 2013 9:12 AM
148	Classes, again. [Fitness]	May 20, 2013 8:56 AM
149	pilates offered at Cedar Wood [Fitness]	May 20, 2013 8:50 AM
150	What about outings? Weekend hikes, walking art tours of Everett or Seattle, etc [More Group Activities]	May 20, 2013 8:44 AM
151	Maybe some cooking fat free or low-sodium cooking classes after work in our new kitchen @ CRC [Healthy Nutrition]	May 20, 2013 8:41 AM
152	zumba offered during the lunch period. [Fitness]	May 20, 2013 8:26 AM
153	after work walking groups [More Group Activities]	May 20, 2013 8:19 AM
154	I wanted to take the boot camp class again, but the time was too early, would it be possible to offer them at 4:30? [Fitness]	May 20, 2013 8:07 AM
155	Maybe a forum where employees can join after work running or walking clubs. [More Group Activities]	May 20, 2013 8:06 AM
156	An easier way to get the points needed under the stress catagory [Stress Management]	May 20, 2013 8:03 AM
157	Bring back the 3 day cleanse activity. It is a challenge to try new things as offered on the challenge. [Healthy Nutrition]	May 20, 2013 7:53 AM
158	A walk/jog/run group A cycling group A triathlon or half marathon training group [More Group Activities]	May 20, 2013 7:51 AM
159	Maybe a team to do fun runs or half marathons. Maybe more things like coming to the school to talk about healthy lunches, breakfasts, etc. [More Group Activities]	May 20, 2013 7:50 AM
160	after school, on site info, classes or exercise class [Fitness]	May 20, 2013 7:33 AM
161	No	May 20, 2013 7:30 AM
162	Other programs that are conducive time wise to people that have to work more than one job	May 20, 2013 7:21 AM
163	continue activity classes! [Fitness]	May 20, 2013 7:19 AM
164	Involved more in the American Heart Association Heart Walk in October	May 20, 2013 7:14 AM
165	No	May 20, 2013 7:07 AM
166	No	May 20, 2013 7:00 AM
167	More health classes for course hours.	May 20, 2013 6:59 AM
168	I like the Walktober so more like that:) [Seasonal Campaigns]	May 20, 2013 6:52 AM

Q11. Are there additional services or programs you would like to see as part of the EPS Wellness Program in the future?

169	Lots of options!	May 20, 2013 6:48 AM
170	offering 1 on1 counsuling would be good	May 20, 2013 6:40 AM
171	Extreme challenges--for people who workout each day but want to challenge self and others more than Walktober does.	May 20, 2013 6:39 AM

Q12. Optional: Offer a testimonial as to how you have benefited by having the EPS Wellness Program in place.

1	Being challenged to move more gave me the boost I needed to make even MORE changes and go on to lose 35 lbs! [Lost Weight]	Jun 5, 2013 12:47 PM
2	I actually started out very well, and just couldn't get myself to take the time to log in and document my walking time and food intake. Overall, the program is really great, it just wasn't ideal for me in terms of logging in and documenting.	Jun 5, 2013 11:17 AM
3	EPS Wellness Program is a very important part of being a happy, healthy teacher. We need to take care of ourselves and having these exercise classes available on site encourages us to do so. [Improves Work Performance]	Jun 5, 2013 5:28 AM
4	The weight watchers was helpful and our group made it fun. I enjoyed the comraderie [Lost Weight]	Jun 4, 2013 10:08 PM
5	I have been eating so much more healthy since I have been taking part in the wellness program. I get out more and move! [Healthier Eating]	Jun 4, 2013 9:57 PM
6	I really enjoyed the short 4 week program of defense and exercise held at Heatherwood- would love one or two to be held at Gateway.	Jun 4, 2013 2:50 PM
7	I have lost nearly 50 pounds and feel like a new person! Thanks for the motivation! [Lost Weight]	Jun 4, 2013 2:37 PM
8	Makes me more conscientious of my eating. [Healthier Eating]	Jun 4, 2013 2:29 PM
9	The Wellness Program, especially logging points in the Wellness Challenge, helps keeps me on track with my fitness and nutrition goals. [Keeps me on Track]	Jun 4, 2013 2:21 PM
10	I love the health fairs. If not for these I am forget my flu shots and then get sick! [Flu Shots]	Jun 4, 2013 2:15 PM
11	3 years ago, I was able to attend Weight Watchers at Work and was very successful. [Lost Weight]	Jun 4, 2013 1:55 PM
12	Became more aware of options in the area of food, exercise and stress release [More Aware]	Jun 4, 2013 12:45 PM
13	The program reminds me the importance of leading a healthy lifestyle and the benefits that come by eating healthy, reducing stress, and working out daily. [More Aware]	Jun 4, 2013 12:39 PM
14	nice to see a district wide focus....i believe it will take time but it is well worth the investment. Now we need to focus on staff meeting treats as well as our Friday coffee times we have here. It will take time, but I believe it will work.	Jun 4, 2013 12:05 PM
15	I would have never taken the step to joining Weight wathers without the ease of the joining through the wellness program. [Lost Weight]	Jun 3, 2013 8:41 AM
16	Not at this moment	May 31, 2013 7:16 PM
17	My co-workers share healthy recipes and foods at lunch. [Healthier Eating]	May 31, 2013 3:29 PM
18	Some of the information is captured above. Weight loss: 40+ pounds.	May 31, 2013 9:24 AM

Q12. Optional: Offer a testimonial as to how you have benefited by having the EPS Wellness Program in place.

	Decreased joint pain and blood pressure. Increased energy. Esprit de Corps about wellness in my schools. Less junk food in the building as temptations. [Lost Weight]	
19	I had never done yoga before and always wanted to. Having a class on my campus made it possible for me to try something new, and now I'm hooked! I loved the increased flexibility and balance, and the stress relief. Also, the fitness challenge and nutrition challenge inspired me to make some changes in my lifestyle. [More Fit]	May 31, 2013 8:44 AM
20	I have really enjoyed the Walktober event however due to time and financial limitations I am frustrated because I don't join team events. I would like to see some break away challenge for personal goals met and are there scholarships for financial need?	May 31, 2013 7:42 AM
21	no	May 30, 2013 4:12 PM
22	The Wellness Challenge made me more aware of the number of fruits & vegetables servings that I consume each day and as a result, a higher percentage of my calorie intake now comes from this food group. [More Aware]	May 30, 2013 1:50 PM
23	Monitoring my fitness and nutrition helped me make better choices. [Keeps me on Track]	May 30, 2013 10:13 AM
24	Although I'm active and exercise on a regular basis the program has helped my awareness and keeping me on track when it's easy to find excuses to not exercise. [Keeps me on Track]	May 30, 2013 7:59 AM
25	EPS Wellness Program has really helped me this year to be more conscientious about my health and has given me ways to keep daily logs. These logs have kept me motivated and have reminded me of what needs to be done daily. [Keeps me on Track]	May 29, 2013 11:09 AM
26	I loved going to yoga. I found it helped with stress and with my aches and pains! [More Fit]	May 29, 2013 8:51 AM
27	Makes me more conscientious and/or accountable [More Aware]	May 29, 2013 8:38 AM
28	I'm eating more whole grains. [Healthier Eating]	May 28, 2013 3:00 PM
29	I loved walking around the neighborhood at lunch with my co-workers in October! [More Fit]	May 28, 2013 2:48 PM
30	I have been more proactive in some type of physical activity daily and making sure that my meals are balanced. I have always been a fruit and vegetable gal but this has made me mindful of the need for more grains/wheat and beans. [More Fit]	May 28, 2013 1:54 PM
31	Having had major surgery last summer I had regained what I previously lost. It has been a struggle to take that weight off again even with the WW program. Yet, if I didn't have the weekly meetings, and cohorts who are with me as support I know I would not have continued. This program has made me more aware of what I eat, why I eat it and how I can earn those little rewards each of	May 28, 2013 1:16 PM

Q12. Optional: Offer a testimonial as to how you have benefited by having the EPS Wellness Program in place.

	us deserve. [Lost Weight]	
32	I am totally aware of the amount of exercise I get each day, and how I am eating. [More Aware]	May 28, 2013 1:10 PM
33	I plan on participating in the Wellness program next year if possible. This year was too busy with trying to get healthy. It is a time management issue for me.	May 28, 2013 1:10 PM
34	I am glad to say that my eating habits have changed - and I have found the benefits of drinking water!	May 28, 2013 12:41 PM
35	As a cancer survivor the wellness program helps keep me on track with exercise and eating right. [Keeps me on Track]	May 28, 2013 12:19 PM
36	I have been eating better and doing more exercise then i had before. I even ran a half marathon this month. [More Fit]	May 28, 2013 11:53 AM
37	overall better health and discipline to stay active and take better care of me!... I have lost ,for me, alot of wait and still wotking on it and with your continued support and programs and challenges, I know I will take off the rest of the weight and continue to be happy and healthy...THANK YOU... [Better Health Generally]	May 28, 2013 11:49 AM
38	The opportunities provided through the Wellness Program have changed the way I think and act regarding exercise and nutrition. [More Aware]	May 28, 2013 11:42 AM
39	Less stress, better outlook at work and more enjoyment over all. [Less Stressed]	May 28, 2013 11:22 AM
40	I am a lot more active now than before the wellness program. [More Fit]	May 28, 2013 11:21 AM
41	Thanks for keeping us informed about health related issues. [More Aware]	May 28, 2013 11:06 AM
42	I'm more aware. I've not lost weight, but I have not gained weight either...which I was slowing doing every year before becoming more aware of why that weight creep was happening. I have more energy because I am exercising more. [More Aware]	May 28, 2013 10:56 AM
43	I had given up on wellness espeically fitness. If it wasnt for this wellness program the past two years I likely would have done nothing. [More Fit]	May 28, 2013 10:51 AM
44	Having a monetary incentive is a GREAT motivator and tracking weight, blood pressure, excersize and eating is a great way to stay on track! [Keeps me on Track]	May 28, 2013 10:23 AM
45	Lost 23 pounds through Weight Watchers. [Lost Weight]	May 28, 2013 10:16 AM
46	Allowed me to schedule exercise in my life instead of "when I get around to it". Also, it helped me to get different types of exercise for better overall fitness. [More Fit]	May 28, 2013 10:11 AM
47	I liked last years challenge and ate better and worked out more.	May 28, 2013 9:48 AM
48	EPS wellmess program keeps me on track for a much more heathier life style. [Keeps me on Track]	May 28, 2013 9:47 AM

Q12. Optional: Offer a testimonial as to how you have benefited by having the EPS Wellness Program in place.

49	The Wellness Program gives me frequent reminders to put my health at the forefront and assess that I am working towards living a healthy lifestyle. Sometimes my health gets put on the back burner to caring for children, work, etc. I appreciate the reminders to refocus on my own health! [Keeps me on Track]	May 28, 2013 9:43 AM
50	Over the past three months, I have lost 10 lbs. [Lost Weight]	May 28, 2013 9:40 AM
51	I would like to see the district participate in the relay for life and other walks. The wellness program has made a difference in my life. Thank you!	May 28, 2013 9:37 AM
52	I think the Trust is a unique thing that is very beneficial to all and this should be carefully laid out to employees who take our health care for granted.	May 28, 2013 9:32 AM
53	I look forward to every class, knowing that it will be fun to participate and that I'm doing something good for myself. Plus I can feel the "payback" in terms of extra energy and release of stress! [Less Stressed]	May 28, 2013 6:13 AM
54	This sounds ridiculous, but after years of sleep deprivation, I have proved to myself the importance of actually getting enough sleep every night as a means of reducing stress and improving outlook. Guess my mother was right... [Less Stressed]	May 25, 2013 8:43 AM
55	LOVE that you offer this program! It motivates me to stay in shape, rest, and eat well! [Keeps me on Track]	May 23, 2013 3:59 PM
56	My health improved dramatically with low blood sugar and low cholesterol level. Wellness program keeps me moving everyday. I love the incentive program too. :) [Keeps me on Track]	May 23, 2013 11:17 AM
57	I've lost 66 lbs, I'm off all my medications (a real money saver). I'm more energetic, happier, and enjoying life. Many thanks. [Lost Weight]	May 23, 2013 9:21 AM
58	Having other staff members to work out with has kept me motivated and accountable each week.	May 22, 2013 12:27 PM
59	I now measure my blood pressure every month. [More Aware]	May 22, 2013 11:18 AM
60	I really appreciate the ease of receiving a free flu shot and loved having the health fair as part of that experience. [Flu Shots]	May 22, 2013 8:40 AM
61	I have quit smoking, thank you.	May 22, 2013 8:04 AM
62	I love having a class at our site afterschool. I am more motivated to stay in do it rather than drive to another location.	May 22, 2013 8:04 AM
63	The reading material on stress management and caregiver was beneficial and I will probably attend some classes next year. I always participate in Walktober and love walking. The zumba classes are great! I had knee surgery though and was not able to attend this year but next year I will! GREAT job! Keep it up! This is so beneficial to the district! Thank you so much!	May 22, 2013 7:53 AM
64	I have already worked for several years with a Personal Trainer and a Wellness Coach; however, the Wellness Program is an additional incentive as colleagues	May 21, 2013 4:36 PM

Q12. Optional: Offer a testimonial as to how you have benefited by having the EPS Wellness Program in place.

	support each other and have created workout groups.	
65	I have participated in the WW at Work from Jan. 2012 until it ended last month. I lost 22 lbs., met my goal and have maintained my goal weight for 10 months. I am very happy. I love Walktober as well. [Lost Weight]	May 21, 2013 2:18 PM
66	I have been working on eating well and exercising for quite some time. The Wellness program has motivated me to eat even better and increase my activity. I have added yoga to my daily activity schedule as a result of the Wellness program. [Keeps me on Track]	May 21, 2013 2:14 PM
67	I am currently participating at the weight watchers at work- feel motivated to keep going over the summer/ Thanks!! [Lost Weight]	May 21, 2013 1:04 PM
68	The Wellness program is wonderful! I've personally lost over 30 pounds, eat healthier and I'm more active because of it. I feel great! [Lost Weight]	May 21, 2013 12:54 PM
69	I have benefited from the program by increasing my awareness of nutrition and weight management. I am pretty healthy overall but when I get busy or stressed I tend to make more poor choices about food and exercise. The Wellness Program and Weight Watchers at work keeps me on track. [More Aware]	May 21, 2013 12:29 PM
70	The money at the end of the challenges has allowed me to pay for extra fitness class and my gym membership	May 21, 2013 12:27 PM
71	Read with interest each newsletter and look forward to participating in the next enrollment	May 21, 2013 12:17 PM
72	I am currently 23 pounds down and my cholesterol has dropped in the past year. I love the access to all the programs and activities that are available and look forward to continuing these healthy habits. [Lost Weight]	May 21, 2013 11:51 AM
73	I am exercising regularly for the first time in years. I also loved having the WW program in our building last year, but have not been able to go to another building this year. [More Fit]	May 21, 2013 11:25 AM
74	I make healthier choices on a daily basis. [More Aware]	May 21, 2013 11:25 AM
75	I have lost over 5 pounds, and eating better and sitting less!!! Zumba helps too. :) [Lost Weight]	May 21, 2013 10:49 AM
76	I have enjoyed the challenges that I have participated in over the year. I am constantly pushing myself to accomplish new strategies and goals to aid in a healthier life style.	May 21, 2013 9:56 AM
77	classes i did attend kept me moving..unfortunately being special ed many IEPmeetings & paperwork are after school and would miss some sessions	May 21, 2013 9:19 AM
78	Lost weight. Started running again. Ran 10k. Lowered blood pressure. Logged food intake and exercise time. Included weekend workouts that involved my family, and helped promote a healthier life style for all. [Lost Weight]	May 21, 2013 8:10 AM
79	When the Wellness Program started I weighed 178 pounds. For the past 2 years I have weighed 154-156 pounds. I do not have to work to keep that weight--my	May 20, 2013 7:38 PM

Q12. Optional: Offer a testimonial as to how you have benefited by having the EPS Wellness Program in place.

	increased level of physical activity and my improved nutrition are doing it for me. I learned to make these lifestyle changes because of the Wellness Program. [Lost Weight]	
80	I appreciate having this program in place to give me an incentive to improve such things as my amount of exercise and eating healthy. I have lost 20 pounds this year, gone 95% vegan, and have noticeably improved my physical stamina. I lowered my 5K time by over two minutes this year, so it has been a tremendously rewarding year so far. [Lost Weight]	May 20, 2013 6:07 PM
81	I love Weight watchers at work. I have been trying to lose weight for years, but with my friends at work here to help me , I finally did it!! [Lost Weight]	May 20, 2013 5:33 PM
82	I have lost 25 pounds, am making much better food choices, have learned much about vegetarian meal options, work out 5 times a week, ran a 1/2 marathon in April and plan to run a marathon in September. [Lost Weight]	May 20, 2013 3:04 PM
83	Not at this time.	May 20, 2013 2:37 PM
84	My coworkers and I have enjoyed the healthy potlucks! [Healthier Eating]	May 20, 2013 1:19 PM
85	It has made me very aware of health on a daily basis. It has helped get to know my co-workers. [More Aware]	May 20, 2013 12:41 PM
86	I really liked the sit less program. I am now trying to sit less in a lot of situations.	May 20, 2013 12:09 PM
87	I am really good about working out almost every day, but I think there is room for improvement when it comes to my eating habits. I did the 31-Day Eat Smart and focused more on eating than I ever have. I've continued some of those habits, maybe not totally to that extent, but I was eating almost no fruit before, and am trying to eat one piece a day now. There's still room for improvement, but it's been a good start for me. [Healthier Eating]	May 20, 2013 11:00 AM
88	The Wellness Program has made me stop and think about what I am putting in my mouth, and it is that little bird in my ear reminding me to be more physically active, even when I just don't feel up to it after a long, stressful day. I take better care of my self and it is catching hold with my family as well. [More Aware]	May 20, 2013 10:26 AM
89	The EPS Wellness Program keeps me on track in my daily health maintenance. [Keeps me on Track]	May 20, 2013 10:22 AM
90	I have lost weight, and am maintaining weight loss. The challenges give me a goal to stay active, I have really enjoyed being an active participant in the wellness program. [Lost Weight]	May 20, 2013 10:16 AM
91	The personal health goal was powerful this year... I aimed to run a shorter race and got so excited in practicing that I ended up running a 1/2 marathon! :) [More Fit]	May 20, 2013 10:11 AM
92	The classes that they used to have, but no more.	May 20, 2013 9:44 AM
93	due to the Wellness Program I have daily accountability:) [More Aware]	May 20, 2013 9:35 AM
94	As noted above - the "My Plate" model has really changed my eating habits;	May 20, 2013 9:32 AM

Q12. Optional: Offer a testimonial as to how you have benefited by having the EPS Wellness Program in place.

	though not terrible before, they have greatly improved by following that exaple. [Healthier Eating]	
95	I started eating my evening meal on a salad plate. I had a flu shot for the first time. I tried weight watchers and lost 5 lbs. I am more aware of sitting less and moving more. I sat 14 hours a day and now I am down to 12 1/2 hours. Everything helps. [Healthier Eating]	May 20, 2013 9:19 AM
96	The WP has helped me be more aware and engage in more physical activities. [More Fit]	May 20, 2013 8:56 AM
97	a year ago i was overweight with high cholestrerol and diagnosed as pre-diabetic (diabetes runs in my family). Today i am down 50 pounds, my blood sugars are completely normal and my cholesterol level is actually in the low range - all due to the EPS Wellness Program!! Thank you :) [Lost Weight]	May 20, 2013 8:55 AM
98	I do not support the \$25 reduction for costs that area above \$200 a month. Everyone should benefit from the supplement rather than those who choose to have more coverage.	May 20, 2013 8:55 AM
99	I thoroughly enjoyed and participated in wellness classes and would have taken one everyday after school if there were classes 5 days a week	May 20, 2013 8:51 AM
100	Heal;thier eating, lost a few lbs, try to get some exercise every day, [Healthier Eating]	May 20, 2013 8:50 AM
101	The program has incentivised me to keep on keeping on with my health goals and as a reminder that I can do it with simple activities that make big differences in my overall health and well being. [Keeps me on Track]	May 20, 2013 8:41 AM
102	I definately am more active with encouragement from the wellness program. I'm walking daily and watching what I eat. I love it! [More Fit]	May 20, 2013 8:26 AM
103	Exercise and healthy eating have been a part of my personal lifestyle choices for several years now. The Wellness Challenge gives me the opportunity to feel a sense of accomplishment for the choices that I make and to encourage me to increase healthy choices in my lifestyle. [Keeps me on Track]	May 20, 2013 8:12 AM
104	I love the classes, they helped me get in shape and I noticed an overall improvement in my life, i.e. sleeping better, being more aware of my eating habits, etc. [Keeps me on Track]	May 20, 2013 8:07 AM
105	Can't say there is a major difference today but hope in the long run it will pay off.	May 20, 2013 7:53 AM
106	I've lost weight, I've improved my physical fitness level and I've bonded with colleagues over exercise! [Lost Weight]	May 20, 2013 7:51 AM
107	I have lost weight! The 45 for 45 challenge really helped me to be aware of trying to get excersize of some kind in every day. [Lost Weight]	May 20, 2013 7:50 AM
108	The Wellness challenge has been really encouraging especially incesentive program cause me to be more aware of the things I need to earn the points, which it direct me to choose healthier way of eating. Since the beginning of the welleness program, I have participated over a dozen half marathon and not only	May 20, 2013 7:49 AM

Q12. Optional: Offer a testimonial as to how you have benefited by having the EPS Wellness Program in place.

that I am able to keep my weight stable. No more yoyo of weight challenge. I do not like to go on diets but helps me to choose healthier way of eating. Thank you! [Healthier Eating]

109	This program has caused me to develop a habit of daily exercise, so that now, I feel I am missing something important if I don't get to my 45 minutes of exercise each day. Since the inception of the District Wellness Challenge, I am taking less meds. and am more knowledgeable about how to maintain my health. [More Fit]	May 20, 2013 7:43 AM
110	I am in WW and have recieved a lot of info, and attend meetings with co workers. First time ever joined a gym next to my school. [Lost Weight]	May 20, 2013 7:33 AM
111	Having the Wellness Program as an option makes me feel like my employer cares about my health. I appreciate it because it is a daily reminder about how I can make better choices and is there as a great resource I can turn to.	May 20, 2013 7:30 AM
112	Since it's inception, the Wellness Program has changed my life and I'm a healthier, happier me!	May 20, 2013 7:23 AM
113	I have been trying to get my medication right, which has been messing up my weight loss. I don't lose weight, but I am also not gaining any right now, so that is a good thing	May 20, 2013 7:21 AM
114	My physical therapist was impressed with the Sit Less Move More Campaign - that was great. Got me thinking more to move! [More Fit]	May 20, 2013 7:14 AM
115	Husband is even eating better. [Healthier Eating]	May 20, 2013 7:07 AM
116	I feel healthier. I haven't lost weight like I would like or increased the time I exercise. I eat healthy and do exercise every day. But I am healthier and feel better. [Keeps me on Track]	May 20, 2013 7:04 AM
117	See Question 10	May 20, 2013 6:59 AM
118	I was not able to be as active in the wellness program this year. It is an awesome program and has helped me to be more proactive in how I take care of myself. Looking forwar to it again next year.	May 20, 2013 6:58 AM
119	Joined weight watchers at work in Nov. so far have lost 50 lbs! Great program great support [Lost Weight]	May 20, 2013 6:52 AM
120	Not sure it's a DIRECT result of Wellness Programs, but we talk more about healthy food options in our department meetings! (AFTER the official business sessions!!) [More Aware]	May 20, 2013 6:48 AM
121	Working out each day is now a way of life for me and this is due to the Wellness program. [More Fit]	May 20, 2013 6:39 AM