

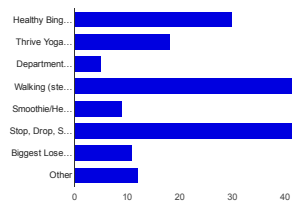
Edit this form

# 78 responses

[View all responses](#) [Publish analytics](#)

## Summary

### Prize-based competitions (Please select all you would be interested in participating in):

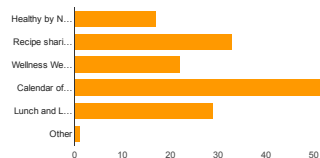


Healthy Bingo - Participants fill out a bingo card as they complete the competition. Participation might include drinking more water for a week, working out twice per week, participation in meditation, getting blood pressure checked, altering diet for a period of time ect.	<b>30</b>	38.5%
Thrive Yoga Participation - Each time an employee participates in Yoga or Meditation offered through Thrive, they are entered in a drawing for a prize.	<b>18</b>	23.1%
Department Elliptical Pedal Challenge - We have 5 under desk elliptical machines for employee use and department rotation. The department with the most "peddles" at the end of the month receives a department lunch or other prize for the department participants	<b>5</b>	6.4%
Walking (step) Challenge - Get moving in 2017. Buddies get together for walking and keep each other accountable. The buddy team with the most steps submitted at the end of the month win a prize.	<b>50</b>	64.1%
Smoothie/Healthy cooking/Food prep contests	<b>9</b>	11.5%
Stop, Drop, Shake, Rattle, and Roll - Departments stop for Minute breaks AT LEAST ONCE PER DAY to stretch, bend, stand, or just shake off the stress of sitting at desk or the day. Departments that keep up the initiative for a set amount of time can win a prize for the entire group.	<b>50</b>	64.1%
Biggest Loser of Bad Habits or Body Fat Contest	<b>11</b>	14.1%
Other	<b>12</b>	15.4%

### What other prize-based competitions would you be interested in participating in?

Ride your bike to work days  
 Biking to work prizes  
 How would you track any of the above except for yoga or healthy cooking?

### Information Sharing (Please select all you would be interested in participating in):

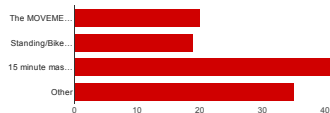


Healthy by Nature Newsletter (Yes, I would read it and/or would like to contribute to it)	<b>17</b>	21.8%
Recipe sharing tool	<b>33</b>	42.3%
Wellness Week - A week full of events, seminars, activities dedicated to employee wellness	<b>22</b>	28.2%
Calendar of Wellness - A quarterly calendar of events, both on-site and within the local community that employees can benefit from.	<b>55</b>	70.5%
Lunch and Learns	<b>29</b>	37.2%
Other	<b>1</b>	1.3%

### What other information sharing options would you like to see implemented? If you would like lunch and learns, what topics are most important to you?

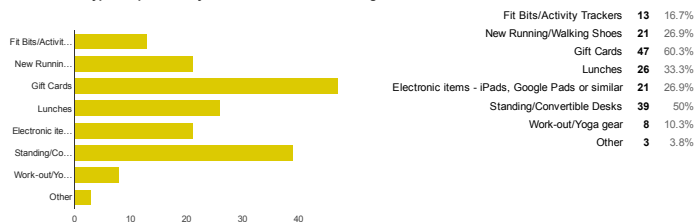
Online activities, as my schedule varies throughout the quarter and week  
 Nutritional information regarding blood & gene o type  
 diets, cleanse info, how to manage stress  
 stress reduction, time management, conflict resolution  
 Meal Prep - how to, healthy snacking, how to be healthy while working at a desk all day

### Other (Please select all you would be interested in seeing implemented on-site)



The MOVEMENT conference room - A think tank room full of standing desks and/or under desk ellipticals. Promotes brain function and alertness during department meetings.	<b>20</b>	25.6%
Standing/Bike Desk, Department rotation - We have a standing/bike desk that can be rotated through departments for individual use.	<b>19</b>	24.4%
15 minute massages	<b>42</b>	53.8%
Other	<b>35</b>	44.9%

### Prizes - What types of prizes are you most interested in winning?



### What other suggestions do you have for the committee?

Please have hbn yoga offered AFTER work rather than just lunchtime. Thanks!  
 Thank you for putting in the time and energy for these initiatives. I can tell you that I used an under desk elliptical for a while and began experiencing hip pain after a few weeks that went away when I stopped using the elliptical so that's just an FYI as people start using them more.  
 Would like the option to stand and Ergonomic evaluation at each desk/station  
 No more standing/bike desks. They are rarely used for anything other than collecting dust.

