



Thank you to members who participated in our anonymous survey. It helped us understand a bit more about what your interests are. Below are the results of the survey. The information you provided us will influence the direction of our health promotion program.

Results summary show that strength & conditioning and body weight management are the preferred topics to be delivered via email format. Potential 30-minute seminars will be held on Mondays at 11:00am. We will create programs for both topics in the near future and will notify you with an update in short time. - JFKFFC MGT

1. Which aspects of wellness/fitness would you like to learn more about?  Create Chart  Download Please rank (1-5) those topics you most likely would want information/education on:							
	1 - Most Interested	2	3	4	5 - Least Interested	Rating Average	Response Count
EXERCISE FOR INJURY PRECAUTIONS AND PREVENTION: Majority of people have an injury or pain somewhere in their body. Be it in the ankles, knees, hips, back or shoulders. We can discuss ways to cope with injuries in those areas, provide exercises to help prevent those injuries from happening, and rehabilitate those areas.	26.5% (9)	32.4% (11)	17.6% (6)	17.6% (6)	5.9% (2)	1.00	34
BODY COMPOSITION, WEIGHT MANAGEMENT AND NUTRITION: When losing weight, it's not all about dropping pounds. Losing weight is great but not when you lose lean body mass (muscle, bone & water) along with it. Be aware when losing weight, you want to focus on losing fat and maintaining your muscle mass at the same time. Making changes towards a more healthy diet greatly helps in fat loss.	35.3% (12)	17.6% (6)	29.4% (10)	8.8% (3)	8.8% (3)	1.00	34
STRENGTH AND CONDITIONING: Exercising to increase strength is a health and performance goal for many. How much weight and how many reps can determine how fast you can get to your goal. There is a combination of exercises that can improve not only strength and power but improve mobility, stability, and flexibility.	36.1% (13)	44.4% (16)	16.7% (6)	2.8% (1)	0.0% (0)	1.00	36
AEROBIC AND CARDIOVASCULAR FITNESS: Running, biking, and swimming are popular forms of aerobic exercises. Everyone's cardiovascular fitness is different so knowing the right intensity to start and with gradual progress can show improvements faster and safer for performance and cardiovascular health.	14.6% (6)	9.8% (4)	31.7% (13)	36.6% (15)	7.3% (3)	1.00	41
OTHER	0.0% (0)	15.4% (2)	0.0% (0)	15.4% (2)	69.2% (9)	1.00	13

2. Following up the first choice in Question 1 regarding injury precaution/prevention: Please rank (1-5) the body areas of interest you would like to know more about:

[Create Chart](#) [Download](#)

	1 -Most Interested	2	3	4	5 - Least Interested	Rating Average	Response Count
Shoulders	23.5% (8)	8.8% (3)	20.6% (7)	38.2% (13)	8.8% (3)	1.00	34
Back	33.3% (12)	33.3% (12)	33.3% (12)	0.0% (0)	0.0% (0)	1.00	36
Knees	32.4% (12)	40.5% (15)	16.2% (6)	10.8% (4)	0.0% (0)	1.00	37
Ankles	9.1% (3)	12.1% (4)	18.2% (6)	39.4% (13)	21.2% (7)	1.00	33
Other	5.9% (1)	17.6% (3)	11.8% (2)	5.9% (1)	58.8% (10)	1.00	17

3. How would you prefer to learn more about the mentioned aspects of wellness/fitness? Please rank (1-5) your preference:

	1 - Most Preferred	2	3	4	5 - Least Preferred	Rating Average	Response Count
Email	64.1% (25)	12.8% (5)	12.8% (5)	2.6% (1)	7.7% (3)	1.00	39

4. Would you like to attend a Wellness/Fitness seminar discussing one or more of the topics mentioned above in question # 1? If No, please choose N/A for the next 3 questions. If Yes, please continue with the following questions.

		Response Percent	Response Count
Yes		61.0%	25
No		39.0%	16

5. What time length should this Wellness/Fitness seminar last? (Choose one)

30 minutes		36.6%	15
------------	---	-------	----

6. When during the day would be a convenient time to attend your preferred wellness/fitness seminar? Please select only up to your top 2 time preferences.

11:00am		35.0%	14
---------	---	-------	----

7. What day of the week would you most likely attend your preferred Wellness/Fitness seminar? Please select only up to your top 2 day preferences.

Monday		25.6%	10
Tuesday		20.5%	8
Wednesday		23.1%	9
Thursday		20.5%	8
Friday		17.9%	7
N/A		33.3%	13