

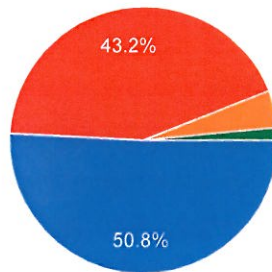
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132 responses

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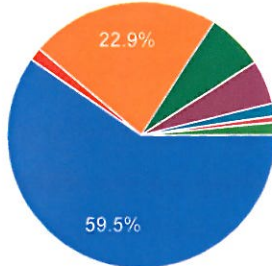
Summary

1. What building do you work in?



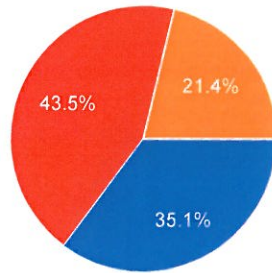
BSS	67	50.8%
BES	57	43.2%
CO	6	4.5%
Other	2	1.5%

2. My role is;



Certified Staff (Bucyrus)	78	59.5%
Certified Staff (MOESC, etc.)	2	1.5%
Classified Staff (Bucyrus)	30	22.9%
Classified Staff (Renhill, Sodexo, etc.)	9	6.9%
Administration (Bucyrus)	7	5.3%
Administration (Sodexo, NWOCA)	2	1.5%
Central Office	1	0.8%
Other	2	1.5%

3. Did you attend the wellness meeting with Tim Plumley, Mohican Sports Medicine and Rehab (BES; 9/22, BSS; 9/24)?

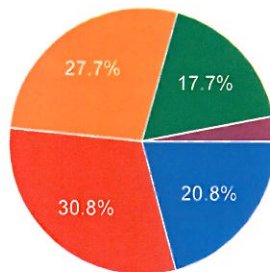


Yes **46** 35.1%

No **57** 43.5%

Interested but had a schedule conflict and could not attend **28** 21.4%

4. Have you or do you plan on following up with Mohican Sports Medicine and Rehab to develop an individual wellness plan?



Yes **27** 20.8%

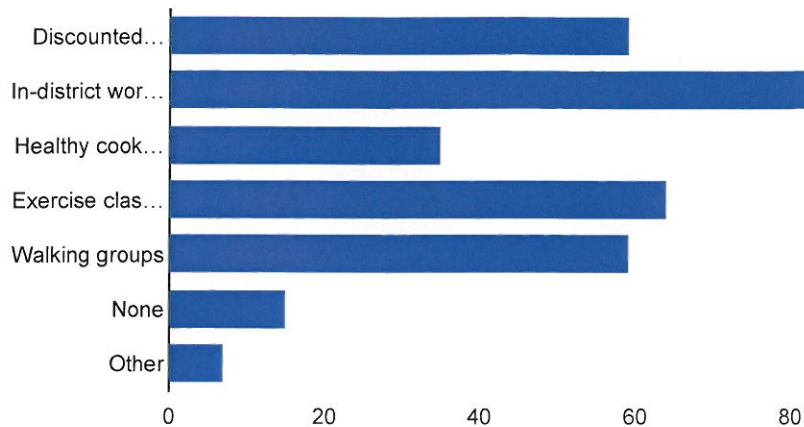
No **40** 30.8%

Undecided **36** 27.7%

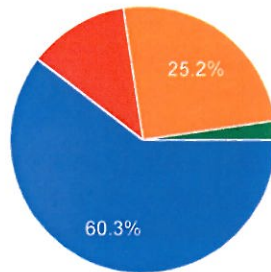
Need more information **23** 17.7%

Other **4** 3.1%

5. The following opportunities would be of interest to me (check all that apply).

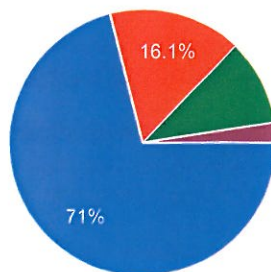


6. If an in-district workout facility was made available to staff, would you be interested in using it?



Yes	79	60.3%
No	16	12.2%
Unsure	33	25.2%
Other	3	2.3%

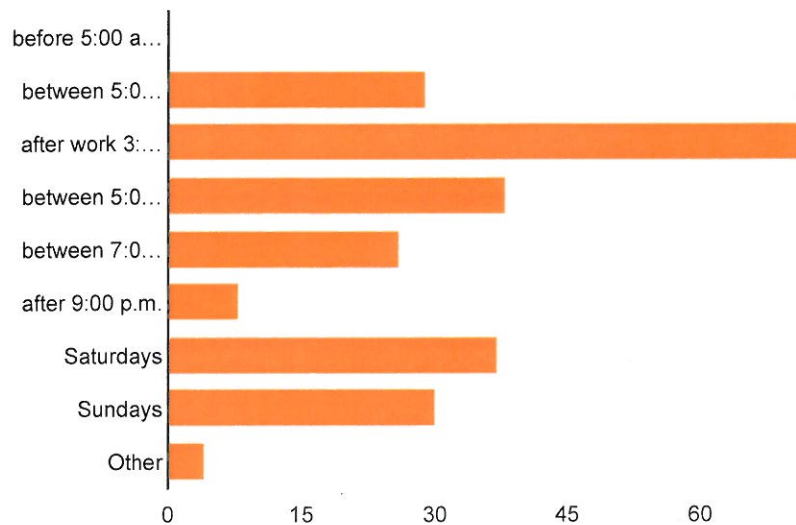
7. If you answered yes or were unsure on #6, how often do you think you would use the workout room per week?



1-3	88	71%
4-6	20	16.1%

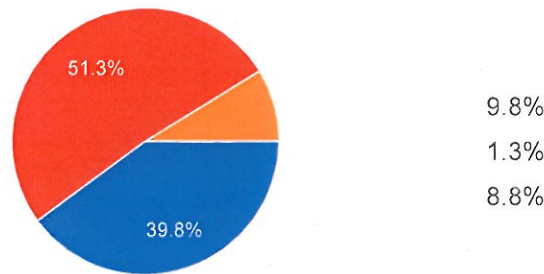
7 or more	0	0%
NA	13	10.5%
Other	3	2.4%

8. If you answered yes or you were unsure on #6, what time of day would you be interested in using the workout room (check all that apply)?

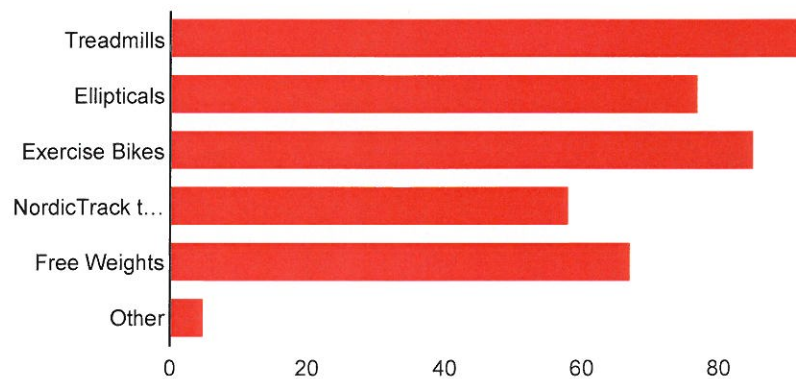


before 5:00 a.m.	0	0%
between 5:00 a.m. and 7:00 a.m.	29	25.2%
after work 3:30 p.m. - 5:00 p.m.	72	62.6%
between 5:00 p.m. and 7:00 p.m.	38	33%
between 7:00 p.m. and 9:00 p.m.	26	22.6%
after 9:00 p.m.	8	7%
Saturdays	37	32.2%
Sundays	30	26.1%
Other	4	3.5%

9. If an in-district workout facility was made available to staff, where would you prefer it was located?



10. If an in-district workout facility was made available to staff, what equipment would you like to see available (check all that apply)?



Treadmills	93	78.8%
Ellipticals	77	65.3%
Exercise Bikes	85	72%
NordicTrack type system	58	49.2%
Free Weights	67	56.8%
Other	5	4.2%

11. Is there anything else that the district should consider in assisting you in your wellness goals?

Nutrition, stress management, place to shower after workout if getting an in-district facility.

no

When the board or central office wants to treat employees perhaps a fruit tray or veggie tray instead of cookies.

For those of us who are already being served by entities other than Mohican, it would be very nice to have any/all monetary accommodations impact us favorably, too.

Plus, limiting this to one business with VERY close ties to BCS seems a bit unfair and nepotistic.

Physical fitness challenges

Has any thought been given to reducing insurance premiums for those who participate in a wellness program?

I think everyone should get a \$10,000 bonus for each pound they lose.

County employees would have a day where they could go get a flu shot, have blood drawn and sent in to lab with results mailed to you, and have your blood pressure checked. They would turn this in to your insurance. I would like to see this especially the blood tests.

Thanks for considering this!

Discounted insurance as an incentive.

wherever the site may be, that access is available to interested staff and staff only (non-public, former students, friends, etc)

I would like a FitBit

Not at this time, feel this is great for the district just not for me as I already have a fitness plan with my family doctor.

Bicycle trips - 20 - 25 miles in fall and spring Essential oils class Herbal remedies class Non competition volleyball for women yoga class

not at this time

just letting everyone know that is it available not just for certain ones

I think this is a wonderful idea. I however have my own workout routine and a small amount of equipment, which is why all of my answers are no:)

Thank you

FitBit or some kind of monitoring device would be nice

New free weights, exercise balls, yoga mats

Less stress.

Was Renhill employees actually included in the meeting with Mohican? Never know if all staff really means all staff and get different answers.

The closer the equipment is to the staff work day areas the more likely people are to use the equipment. Ex. If it were in BES staff may walk on their lunch break on a treadmill or go in for 30 minutes after school and then go back to work in their classroom.

I don't believe I was made aware of the first wellness meeting in Sept with MSM. Better info on such or who is allowed to attend or make use of such programs.

Possible to get discount memberships to the local YMCA? Reduction in health care premiums if you belong to the YMCA.

For the staff and students healthy options in the cafeteria. STOP selling cookies, they may be made with whole wheat, but are laden with fat and sugar same goes for the slush drinks. Just because they are made with real fruit juice they are still full of

sugar. Most people are not disciplined enough to NOT take the path of least resistance. I am aware that the snack line is the bread and butter of the food service department, however it is at the expense of our student's health!

Stress relief / massage therapy, yoga etc Better staff lunch choices that are healthful

Thanks for your continued effort to make our Staff better Leaders!

Number of daily responses

