

# Employee Physical Activity Needs and Interests Survey

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Generally, physical activity refers to bodily movement that enhances health. There are two categories of bodily movement: baseline activity and health enhancing activities. Baseline activity includes light-intensity activities of daily life, such as standing, walking slowly, and lifting lightweight objects. Health enhancing physical activity is activity that, when added to the baseline activity, produces health benefits. These activities can include brisk walking, jumping rope, dancing, lifting weights, and tennis, among others.

Please read the statements below. Select the statement that best describes your current level of physical activity. When considering time spent being active, count any time you are active for at least 10 minutes at a time. In other words, if you have three 10-minute “bouts” of activity in a day, record that as 30 minutes in a day. Vigorous exercise includes activities like jogging, running, fast cycling, aerobics classes, swimming laps, singles tennis and racquetball. These types of activities make you sweat and make you feel out of breath. Moderate exercise includes activities such as brisk walking, gardening, slow cycling, dancing, doubles tennis or hard work around the house.

- I don't engage in physical activity or walk regularly now, and I don't plan to start in the near future.
- I don't exercise or walk regularly, but I've been thinking about starting.
- I'm doing moderate-intensity physical activity during the week, but for less than 150 minutes per week.
- I've been doing moderate-intensity physical activity for at least 150 minutes per week, and have been doing it for the last 1 to 6 months.
- I've been doing vigorous-intensity physical activity for at least 75 minutes per week, and have been doing it for the past 1 to 6 months.
- I've been doing a combination of moderate- and vigorous-intensity physical activity that totals at least 150 minutes (when adding total time, count every minute of vigorous activity counts as two minutes) and have been doing it for the past 1 to 6 months.
- I've been doing moderate-intensity physical activity for at least 150 minutes per week, and have been doing it for 7 months or longer.
- I've been doing vigorous-intensity physical activity for at least 75 minutes per week, and have been doing it for 7 months or longer.
- I've been doing an equivalent combination of moderate- and vigorous-intensity physical activity and have been doing it for 7 months or longer.

1) Please indicate what you do to stay physically active?

- a) Walking
- b) Jogging
- c) Gardening
- d) Running
- e) Aerobics
- f) Swimming
- g) Hiking
- h) Mowing yard or raking leaves
- i) Stretching (Yoga, Pilates)
- j) Weight training
- k) Jump Rope
- l) Housework, such as sweeping or vacuuming
- m) Bicycling
- n) Other (please explain below)

Other: \_\_\_\_\_

2) Do you think there are benefits to participating in exercise or physical activity in a group?

YES            NO

Please explain your answer: \_\_\_\_\_

3) Do you think your work environment is suitable for physical activity during a normal workday?

YES            NO

If you marked No, what changes do you recommend be made to the work environment?

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4) Do you have a fitness center membership?

YES            NO

If yes, where do you go (optional): \_\_\_\_\_

5) If you could find time during your workday or week, would you be more physically active at work?

YES            NO

Please explain your answer: \_\_\_\_\_

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6) If your company created a wellness committee or group to organize company-wide physical activity programs, would you participate in the programs?

YES            NO

7) If you are interested in participating in a physical activity program, what would be your preferred method of communication about the activities, any updates, tips?

- a) Email
- b) Newsletter
- c) Memo
- d) Other: \_\_\_\_\_
- e) Not interested in participating

8) During what times would you be likely to participate in physical activity (check all that apply)?

- Before work
- During working hours on break and lunch hour
- After work
- On the weekend
- None of the above

9) Please list the kinds of physical activities you would be interested in doing in a company-wide program for health and wellness.

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10) Please offer your own ideas for implementing physical activity programs in our workplace.

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Adapted from the Wisconsin Department of Health Worksite Wellness Toolkit: Worksite Wellness Survey