

Please list any positive (or negative) comments regarding the impact of the current Natrona County School District Wellness Program. Include how this program may have affected you personally. List any suggestions on how we can improve the current program or things you would like to see implemented. Your input is an important element to the success of our program.
Open-Ended Response

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none

I loved the route 66 that I participated in. Having a program and reminders helps me remind me to put myself into my schedule to take of.

None

love the mayo fliers...blood draws

Just keep on providing the information because people will and do get involved.

I think the Wellness Program is a wonderful thing to offer. I have only been with the district a few months, but as I get to know more of my coworkers, I would be more likely to participate in these

N/A

I don't always check about things online. I need other notices.

positive-made me more aware of my need to EXERCISE more.

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I like that we are offering everyone the chance to participate and get healthy

I am way too busy during the week but I might get motivated on a Saturday and if it were

None

good programming

The accountability helps keep me motivated to walk on a regular basis. I have after school responsibilities so I rarely attend an organized walk.

weight watcher classes through the district. I believe there is only one now and it is a time that I

I think the program has really put forth effort to get people out and into exercise of some form.

None

encourage more at Crest Hill

I think it is a very great idea, and we need to enforce it more and have more incentive so people will actually make time to do it.

I am very glad we have a wellness program and incentives, the incentives definitely helpful.

There is a great variety of opportunities offered. It would be great if we knew if there was a

"calendar" on First Class that we could look up when we have time to see what classes and

opportunities are available. You do a great job of sending out emails and reminders, but then I

lose them and forget where to look to find out. For instance, about the middle of the semester, I

was thinking I would like to join an evening weight watchers group. But I didn't know where to

The wellness program would be better if the class could be on the week ends and not always on

I enjoy the wellness programs you have offered. Gives me an opportunity to do something for

myself and make new friendships. Keep up the great work.

I have enjoyed the few programs that I have been involved with. They have kept me on the

A healthy life is a good choice for all of us

I think it is great! I just need to put working out at the top of my list!

improving

I like the 25/25 incentive.

I really enjoyed the 25/25 incentive. Is that still available? I think that program is very effective.

I think a lot of this has to do with timing and the individual's goals. I think it is wonderful that the district is trying to come up with ways to make us all more fit.

none

no comments

Incentive programs are fun and get people moving.

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I am pleased with the programs that have been offered for fitness. Great programs-great incentives!! Norma does a fantastic job for transportation.

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Everything seems to be timed for everyone, except transportation hours.

seems to help some people

Some are only offered to employees who have CIGNA insurance thru NCSD

As my time permits.

incentives

I enjoy the route 66 but do not need trinkets

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The Walktober program I didn't do because our bus got in late and was unable to take the fitness screening. Also logging steps on the computer is hard. Don't have ot at home and in bus garage i'v been her almost a year and have enjoyed it. my teen daughter is overweight and would like too find a way to help here looking into gym foe both she enjoys swimming and such

I have none.

Not sure at this point

I appreciate the level that the wellness committee attempts to get members. I would like to see more options on weekends to accommodate single working mothers.

I think it is great that our district is trying to make its employees healthy.

I think the programs encourage us to be healthier individuals.

The Route 66 program was helpful for me to record time exercising and keep me accountable to the program with online posting.

I think Rachel does a great job!!

Good incentives, but maybe get buildings motivated amongst themselves.

I participated in the walking program when we first got pedometers several years ago. I think it made me more aware of how to keep active.

na

None

I think you're doing a fine job. Keep it up!

I've been meaning to get the hearing test done.

I think it would help if we could do things together as a class (with the students) that is in addition to their PE class. For example, a 20 walk.

None

I like that there is a school rep.

I really enjoyed it when one of our PD days offered various health choices in which we could

Too many postings on email

I like the way you keep our wellness upfront on our thinking!

I believe it is important to make employees understand how important staying healthy is. I believe the district tries very hard to do this.

I believe there are many helpful programs; however, there is no time to participate!

don't have any at this time

I tend to take responsibility for my own health and am pretty self-motivated. I prefer outdoor activities, so I usually run or walk. I also have workout equipment at home, so I don't usually go to health clubs. However, I have co-workers who have participated in Walktober and some of the other group activities and they have found them helpful. I think most of the folks in my office, The things that the wellness program offers, does get me motivated. Even if for a short time, it I have found many of the classes offered are held at a time & location that is not convenient. I appreciate that we have this option.

Employees who have insurance via spouse should be allowed to participate the same!

I gave my suggestions in the survey

It is nice to see offering wellness programs. Sometimes the times and family commitments

I think the wellness program is working out great. Due to my schedule it is hard to get to the gym. Im tired in the morning and have errands to run at night.

Need to have programs or classes in the evening after 5:30 or 6:00 so bus drivers can attend.

The wellness program has given people the incentives they need to get started in a program to improve their health. I think is is wonderful.

My time is so short with my family, it is hard to find the time to participate. It is good to make everyone aware of the need to take care of their body.

I think that the district provides opportunities but without incentives, they don't go very far.

Wellness program is gaining a foothold

None

I don't know much about it

I feel that they do not go into depth enough about for example, how to eat healthy, stay healthy, etc. Almost everyone knows don't eat alot of fat, get sleep, walk more....

I wouldn't mind participating in more programs but there is always a pre and post testing. I'd rather not be screened for this. The incentives we receive (Perfume for guys!) are sometimes a

It was really nice to have the Casper Bucks for the wellness testing.

I sometimes feel stressed by the constant information-sharing that happens. I feel like there is a lot of pressure to be thin, healthy and active in specific programs offered by the district. I am aware of my own health and take self-care very seriously. I feel stressed and pressured to be thin and constantly active, and the stress is probably as bad for me as my weight, etc. I would

I have enjoyed participating in several of the programs offered through the school

district...however, often it becomes just one more thing to do rather than becoming part of a

Thank your for all the work you do for all employees and retirees toward promoting good health

Having an incentive for doing a health screening has been a motivation to get it done. The same is true of the yearly preventive screening.

I honestly would give in to sitting on the couch, if I was not obligated to get my time in on these activities. It really does make it more fun.

I have enjoyed the programs that I have participated in and think they have been handled well by the Wellness Dept. I look forward to more new opportunities. Thank you!

None at this time

I am thankful the Pro-Active approach.

It was hard for me to report on steps and minutes as I do spinning class, lift weights and swim which is in minutes. Then I run long distances which is easier to report in steps. It seem your

It has been fun participating in the Walktober program this year.

Information about celiac disease, dairy allergies, allergies in general, ergonomic work space, I haven't enrolled in any incentive programs because I was told I could not because I am not covered by district health insurance.

At times it is not user friendly.

I had trouble making any of the times to complete the prefitness screening.

I believe that health care prevention is the key to good health and lowering health care costs. I believe that the Wellness Dept. should develop a fitness center for teacher to use on a drop in basis. This location(s) needs to be located so people don't have to drive long distances. It should also have some instructors or classes that can help people who need to learn the basic skills for Health coaching would be a wonderful program!!!

The program and our insurance does not provide enough coverage for preventative medical assessments. One example of a very important, and cost saving (long term) test, that should be covered under this program would be upper and lower gastroenterology scopes. Also, if we truly care about our educators health and wellness, then incentives should be provided by the district, As the wellness coordinator at our school I have found it hard to motivate others to participate in the activities that I have tried. I have tried many activities and there is never a positive response. I have tried to get the teachers to involve their students in health activities as well and the response was not a welcome one because it would take away from their teaching time. I would Any of the programs allows you to feel apart of the larger program. Groups always help more Don't have any input

The programs offered have been good.

none

Just need more time in order to participate. Again, on-site fitness center at CSF would be great. Work out during lunch, early morning hours or after work.

I believe it is a positive influence on healthy living

Most weight control programs were held early in the morning and that made joining impossible.

I would like to know what qualifies for the \$350.00 wellness money. Last year, my annual checkup was not covered according to Cigna???? Is there something I have to do?

no thoughts at this time

The team competition in addition to individual competition was fun. How about an extra incentive for pre and post testing rather than none. Some of my best Walktober team members didn't get any incentive because they could or did not want to do the tests.

I really enjoyed the pre- and post trainings last year from the wellness office. This provided motivation to improve my overall health.

I am new to the district so I have not had many opportunities to participate.

no

I have not participated, but would like too. I think we need more options for busy families.

Childcare is a big part for teachers with young children. I don't have that support and plus the kids are so active in their own sports 4 nights a week. Have you tried having childcare avail. for I would like to see either gym memberships or an incentive to pay our memberships if we go two or three times a week (LifeTime can give you this information)

I have appreciated the incentive programs for preventative health care.

I think your encouragement for employee wellness is good!

I think the wellness program is great. One of the problems I find this year is I don't have the time to implement all I need to do at the worksite to make it successful. I will work on that!

na

I appreciate the fact we have a wellness program in our district. I also appreciate the fact that our district is so large it is difficult to "gather" us or "please" us all. Thanks for the hard work.

I think it was great when they offered the 25/25 for doing the health incentive assessment and

I think it is great

Hasn't affected me.

I think it is great that we have a wellness group in our district.

Those people who chose not to participate in a wellness program should be charge more for insurance or the District should not pay for the districts part.

Would like in school Wellness programs, with prizes given out by our wellness rep time is an issue for me

using the on line wellness activities, I found confusing and hard to navigate. this has been 2 years I participated as the team leader of Walktober and found it difficult to invite some interested employees. Also, the pre and post test evals made it prohibitive for some to make it and also find motivation in the program without the possibility of any incentives.

I think it is great !

I have enjoyed the programs you have set up and have participated in them

Im not sure I know when you get up at 4:00 a.m. your tiered by 5:00 p.m.

doing a good job

Inconvenient to travel. Would like worksite activities rather than another location.

Have not used it yet

I have not used it much. It seems like a unuseful tool at the moment. It seems only the bigger skills get it and the smaller schools are left out.

It has made me more aware of taking care of myself.

More varied offerings that are multi-site based would be nice. With my extra-curricular coaching, it is hard for me to meet at Central Services.

Looking forward to what's in store for the up coming year.

Very positive and most activities good bonding things within the building.

tracking personal activity

The Weight Watchers program was very helpful while I was able to go.

This would help me stay on track.

The exercise class at Southridge Elementary has a wonderful addition to my life. I would like it none

Your doing great

On site announcements early in the day of an activity with a followup before the end of the day for us with suspected pre-alzheimer's (sp)

Reaching personal goals should be a good enough incentive to participate--the material incentives I have enjoyed walking with the Walktober and the Walk into Winter program.

I learned of the program by chance after coming to work at NCSD. I was not aware of what it was, how to get involved etc. Maybe I was too nervous about starting a new job that I didn't hear anything about this. Think it would be nice to have something like a "gift" to draw focus to the program for new employees. When getting something, when you are new, makes a big impact on I really like your ideas, but with two little kids at home I never make the time to get involved.

Southridge's workout class is great

I have found the programs I have participated in to be helpful.

Have programs such as yoga not only at Central Services. Come to staff meeting or at lunch to spread the word about programs being offered - emails are not great because we are flooded I don't know much about it.

I appreciated the Weight Watchers at Work.

I like the variety of activities offered. Need more family style activities. We have 12 children ages 1-22 and would like to have ways to include them as our time is limited to be away from I enjoyed participating in walktober it kept me thinking about my health and motivated to work more. That was until I found out that the program wasn't fair it was all based on trust. I knew several people who lied about their steps and their team was in the top three a majority of the time. There we people who admitted that since they were teaching P.E. they counted their I like the May Clinic Newsletter and I enjoyed participating in the Walktober for the first time.

Helps maintain a healthy community and helps keep health care costs down.

To be honest, I am not sure about our wellness programs. It will work better if we have a community or club in each school to offer more information for the people who are interested or may be interested in. For example, a regular gathering once a week or a month.

I like the longer term ones (more than a month or two). Like the charting stars/steps/minutes.

Motivates me and holds me accountable. But incentives help greatly. Monetary is best or the nicer merchandise like workout socks or unique items. It has helped me stay consistent on

I have only participated in the walking program where we recorded our steps and prizes were drawn at the building site. It has been a few years ago.

I think it has continued to improve.

I think the walking program is very good but, I have trouble getting to participate due to the hours I work and recording the steps due to login on the computer, but I do thank You for all you helps to keep me focused and aware of what I am doing/not doing to my body

Since I'm not on the school district's insurance, I'm not sure if any of this will apply to me.

Its a positive program

The steps we get at work should be included in our steps.

I have not participated in the Wellness Program.

I'd like to participate more but it never works with my schedule

I did enjoy the weight watchers at work, but the cost even though it was at a discount made it difficult to do for more than one session.

Have difficulty finding time to exercise on a consistent basis

more advertisement

the walktober sounds as if it was not clearly defined this year and makes me not want to do anything that is on line either it is outside your job fitness

I really enjoyed the Walktober and Yoga that is offered. I'm so happy to be able to join these

I haven't participated in as many wellness programs as I would like, but hopefully I will have more time to "jump in" with my children getting older :)

I have no comments at this time.

possibly exercise classes at individual schools for teachers

I can't think right now

I haven't had any as of yet

I have not been able to participate in these because they are during the day or too early in the none

I was very involved in recording my steps on-line a couple of years ago. This year I did not get involved because I was not assigned to a school until October.

I would like to see more incentives for being healthy.

not always at times that I can get to

I think this program has some real positive outcomes.

na

So many of the programs are them directly after school , and after a full day of work I like to see my children for a bit before leaving again for awhile.

I just started this year and I am looking forward to participating in more activities offered. I would like to get my blood tested again and heard that we would have here of times and locations to Good opportunities for staff.

n/a

none

I am new to the program and I am just starting to participate.

Overall I believe the program is doing a very good job.

I don't have a lot of time for organized exercise. I mostly need to do it on my own.

If I had more time I would be more active in the wellness program.. I think the district does a good job offering free or discounted stuff. Yoga was great and way cheaper than any where else!
okay

I don't always have time to participate but I have heard positive comments from those that
It would be nice to offer "discounts" off of health insurance premiums or lower deductibles based on people's participation in these programs. I know the State of Wyoming offers books on health-related topics to its employees and through that book study they receive money off their health
Walktober was extremely motivated

I have not yet participated in the program so am not sure of any positive or negative aspects.
I like what I hear and see about it.

none

No comment on this.

not sure at the moment

The walkoctober is fun to participate in and it helps you want to do your best in getting in some minutes of walking or exercise in order to work with your team and trying to beat the other

I liked the pedometers for walking and recording steps daily.

enjoyed the 10000 a day step program

I think it would be better if each building had their own activities or classes, I cannot get anywhere and back during my lunch time.

I enjoyed the multi-subject mini "classes" that were offered during the summer and accumulated Health Screening, biking, walking/recording steps. These made me get out and do something. I had fun doing it with groups of other people just having fun. The screening was something that I
It's nice to be rewarded for taking care of yourself. It is also nice to have team encouragement.

I wish we could get Wind City Physical Therapy's Fit program to go longer hours in the day. As a principal it is hard for me to leave early from school...but they have a really reasonable price (\$30/month) and basically can provide individual workouts which would sure be wonderful!

I like the Weight Watchers program. I've lost over 30 pounds on it so far and am glad to see the school district endorsing the program.

I do not have any comments.

I think it's great that options have been made available to the district employees. Time to participate seems to be my biggest hurdle. I hate to have late classes since I live out of town, and once I go home, I really don't want to come back into town to participate. Thanks.

I think they do a terrific job. I only have good things to say.

I am happy that the district is taking notice that you aren't a good employee if your stressed and
Loved Jess Ryan's yoga class at KW.

I think the idea is good, but many staff persons are tied with work and home schedules that it is difficult to make time even though it is so important.

Not sure yet.

The program is a good program

I feel the ncsd wellness program is doing a good job to keep their employees healthy.

I haven't taken advantage of many of the classes. I did take advantage of the discounted Lifetime membership, which I've used off and on. This year, work is sucking the life out of me, and I've
I always forget it is there

Enjoyed Walktober, it pushed me to work out more consistently.

I am fairly new to the district and am not completely familiar with all of the programs you have.

I am pleased with what I have seen.

Loved the ability to use the facilities at the WAC!

I work out on a regular basis and generally maintain a healthy lifestyle, that's why I haven't
WELLNESS PROGRAM IS GREAT MORE INFO ON THING REGARDING HEALTH WOULD BE GREAT

Programs discounts should also be given to those that do not have district health insurance
I think it's good.

It seems like everything is at Central Services. I would like more activities on site.

I like the variety of programs offered!

The program helps me to be more self motivated

I really enjoyed the Walktober and it helped to motivate me to work out.

none

I would like to see more school-based programs.

I wish I had more time to think about this!

I think that we have an awesome District Wellness Program and only wish I had more time to do more of the programs and activities!

Not affected

the wellness program got me going to loose the weight I needed, but I just didn't feel I could continue because of the cost, because I have had many extra expenses in my life, but would like Enjoyed WW at Work as I reached my own personal goals. I'm curious, however, as to why most of the wellness programs are competitive.

The school has a very positive aspect in the need to health programs. However the time is not to where I can participate. I am sure though that a lot of people have many time differences.

I have requested, but have never received, a tag to get into the fitness center here at NC. This would make things much easier on me.

This program has made me more aware of being active. I think we just need to keep reminding people to do healthy things and to quit smoking. I am very active in the summer and very much less in the winter. By the time I drive home it is time to make dinner and do chores. If I don't exercise right after school it doesn't happen during the week. I am still very active during the I am interested in health and fitness classes, but can't always fit these into my schedule when they are offered at a gym. I did participate in the yoga and loved it! Would like to see other options offered to fit with my schedule. Would possibly like to see some dance/aerobic things that not sure what else you would do.

I think that the offerings are great!

I am glad that we have wellness programs.

none

This program has made me more conscious of keeping healthy in a variety of ways.

none

The programs I've participated in have been very motivating and enjoyable.

Don't have any!

I really appreciate what the district wellness program provides to me. It motivates me and makes me pay closer attention to my health.

None

I enjoy reading the Mayo newsletters.

No comment...

Doing the pedometers worked for me

I enjoy exercise classes but struggle making it in time during the school year.

The Fitness Class at Southridge has been a huge success. On average there are 12 to 16 people attending each class. The instructor, Jaycie Orr, is doing an amazing job. Having the class @

Southridge makes it very accessible for teachers! Those attending want to continue after

I teach/live in Midwest so it is difficult for us to use the programs that are offered in town

especially in winter. I think you have offered very good/appropriate options in the past. Thank

It has made me more self aware and motivated.

You want us to fill out the questionnaire but when it does not have the answers it likes it will not

Make programs happen more often and different times.

I believe this is a good idea - People who have a desire now have a convenient way to receive

I like the physical activity log. Kept me motivated. Would like to see more programs during the
I thought the run was disorganized

I have not been in the district long enough to answer this question.

I know many people who have participated in at least one program through this department and
have found them to be beneficial. Unfortunately, I have not had the time to participate yet.

none

hasn't affected me

It is disappointing that an entire department exists to address these topics because people do not
take the appropriate self-care measures to maintain good health.

Lower the amounts for tests that are yearly requirements.

no comment

It has been a positive to make sure I stay active.

Like the mayo clinic newsletter

Weight watchers was very successful for me, however it's success is partly due to the fact it was

Would like to see a folder on first class dedicated to wellness rather than bulk emails.

Not sure

I really like the web-based programs and the pre/post assessment screenings.

good ideas. wish I had more time

Making time for this was hard with my overload this semester

I've participated in our schools walking health incentive program. I liked it when it was small.

I think Rachel is doing an exceptional job with the wellness program

NA

Sadly, because I choose not to take health insurance (at this point, as my husband's insurance is
currently more cost effective for our family), I do not qualify for these incentives so it doesn't

Have not used any resources

I really have none at this time.

I would like to see programs geared toward youth and weight control.

I really can't make any comments because most places don't even try to help their employees the

There are good programs out there if you choose to use them

This program is very beneficial to many people in our district.

I am doing the Holiday Health and enjoying it.

This program has been a great way to keep me accountable for my health and the health of my
family. If I have to skip a session, the next is right around the corner to get back on track. I love

no impact

I think it would be fun to do competitions with different schools.

Reached Lifetime with Weight Watchers that I would not have if it hadn't been offered at work.

i think it is a great thing

I love the emphasis on prevention and am definitely doing more to improve my health since starting my job with the district this year. I want to participate in more of the after work activities, but my children often have their own activities that require I transport them, and then there is homework and unfortunately I have to feed them. I'd like to be able to include my family more in the wellness activities so that we can support and encourage each other. Being new, I'd like to have some written information, or a First Class folder, about how the programs work, what is available, what will be coming up throughout the year, how we apply for incentives, what the time frames are for some of the programs offered, etc. Sometimes the team challenges are hard for those of us who travel a lot during the week in that it is difficult to be a cohesive member of a team when we are only in a school one day a week. For me, making a big lifestyle change requires lots of support and constant encouragement or I'm likely to give up because job and family stress take over. I believe that some information on sleep hygiene would be beneficial. I'd like to see if The Wellness Office has been very supportive over the years. Because of their bringing Weight Watchers at Work to us, I lost over 140lbs and I probably wouldn't have had they not done that. It would be nice to have some kind of online page for wellness where there was blogs, forums, recipes, health stuff, all in one like WW and other professional groups have to link their users and to help provide support from NCSD as well as it's employees. One bad thing is many activities I have heard great things about the programs like route 66. I decided that I needed to get na

Finding the time is the hardest as I walk before and after school everyday

N/A

Recording individual and team activity is motivating for me.

I have not participated due to lack of time. It has sounded like there are some very neat I really do enjoy getting information through the mail. I have a hard time getting to session before and after school. I do think it's been great to have the wellness program with incentives. I think you are doing a great job. I just need to be more committed and get involved.

have not participated. A lot of the time schedules does not fit into my schedule.

I think its a great program and would like to see more going on at Midwest School. It is hard for me to get to town to participate in the things I would like too! :o)

My biggest problem is the time frames of activities. I begin work at 7:30 a.m. and my day ends at 5:00 p.m. My breaks are usually not good for activities unless they are at my school.

None

Make work out options more available at schools.

I don't have an opinion either way.

The programs I've participated in have been fun and motivating.

I enjoy walking and the step program is good for me to see what kind success I am having.

I like the various health related activities that the schools can be a part of.

I think the program does provide incentive to NCSD employees.

no opinion

It's great!

The walking program I participated in a year or so ago was very fun. I still wear my pedometer

I think itis a great oppurtunity to get people to be more active

They may not have changed my life, but they have gotten me up and moving at least a little more than I may have had I not patricipated at all

I like the incentives

I enjoyed walktober, I learned about my current activity levels

No comments.

I am tired at the end of the day which may end at 4:00 or later 6:00. I need an active partner that will get me out at the end of the workday to do things.

I really enjoyed the Route 66 program. I loved how they membership was bought for us and they i took the yoga class. something i wanted to do for a while. glad i did. would do it again
I have lost 15 pounds in 10 weeks through weight watchers. I am more aware of health issues.
Walking challenge was fun and helped many of us to participate.

Great idea

I'ts a good program. I teach in three schools a day and have a full load of class. There is no time.
I absolutely love the wellness program. I have always included physical exercise in my daily life,
but this program has made it much more enjoyable!

Just don't have a lot of time left over for additional classes

I really have personally benefited from the wellness program.

have been interested in participating, but haven't as I don't have benefits and have to pay to be a
part of any program. Might as well go to the Rec Center for convenience's sake.

Walkness program, was interesting to see how much I walk in a day at work

i didnt like that in the walk october that time spent on the playground was not counted as
Love it.

I really enjoyed participating in Walktober.

I think it is a great program. I was at Southridge when I started it this year. It has been alot of
I exercise on a regular basis, but don't necessarily participate in the wellness activities. Maybe if
more of it is building based, it would make it easier. Life is too busy for me to record steps
no comment

I think the programs the district offers are terrific, but because I don't carry district health
insurance, I am excluded from some of the incentives, or have to pay extra, which I'm not willing
to do. If they come from the insurance company, I understand, but if they come from the district,
I would like to be able to participate. I am a breast cancer survivor and my health is very

I think our Wellness program does a ton already. It would be nice to receive some \$\$ in our Flex
account for participation and achievement of specific goals.

I would really like to see more classes offered rather than walking incentive programs. Also,
trinkets are not really motivating to many people.

No comment

Overall I think it is positive.

see above answers, make survey click even if things aren't answered, more time efficient may get
I have been able to successfully manage my health for my whole life. I am neither obese nor
unhealthy. I do not feel it is necessary for me to use my employer as a health consultant. Some
people may need this and I believe you do a good job in trying to address their needs, but so far I
have attended to well to my physical and mental health. Why have other as a selection if your
Getting the information out to the staff in a better way but not to sure how to do that.

I loved the Walktober fitness activity. The pre and post screening were awesome.

have no answer

just tell the folks the truth about what can happen, if they don't take of their bodies

More flexible times on weekends. Possibly mid-morning on Saturdays.

Love being able to workout at our school, on my own and not in a regimented class

I think the health program is good. It is hard to find the time to get going on it

I feel that incentives like gym memberships or health account incentives would be more effective
than tshirts and water bottles. People that work out on a regular basis already have those things.

Again about 3 or 4 years ago you had a weight control group with a gentleman from the hospital
we talked about how to cook and what to eat and the size of servings. The gentleman was
excellent and the information was very useful it was held at central services at 4:30 or 5:00 onces
It sounds like from these questions I wish I knew more about what is offered. Especially since
I appreciate the proactive position the district has taken on healthcare issues.

I appreciate that we have the wellness program. I have participated in screenings but would like to see more specific programs as mentioned above. And sadly, more incentives to get me. Most of the work shops you have don't work with me.

Betty Askmit is a great cheerleader for your program.

I personally would love a weight loss/healthy eating program that would work with Celiac Disease. I feel like I can't participate in the programs currently available because they do not. I appreciate all the work that is put into these programs!

I forget to go online to track minutes or activity. I do better with plain old paper.

Weight Watchers at Dean Morgan has been so successful. I've lost and maintained 30 lbs. Like it alot!

I have participated in two of the wellness programs. Have enjoyed and benefited from both. I'm glad that we have the program. It helps to keep me motivated.

Haven't done any previous programs.

?

It has made me think about health on a daily basis.

The school incentive programs seem to reach to most people in my building.

I like tracking my steps and logging them daily. It helps me stay focussed. don't know

I participated on Walktober and using a pedometer definitely made me walk more!

I have participated in many programs and enjoyed them all. I would hate it if the District did not offer this type of encouragement. It helps keep me on track and I love Rachael...she is so. Love health screening and resources available at high school.

I really don't feel I can respond as I have had limited participation.

Haven't heard much

I have had great success with the NCS D Wellness program. I did Weight Watchers and lost 10 pounds, I did all the wellness walks and won an ipod, I participated on a Walktober team and am down a total of 9 pounds just from that. I am very pleased with our Wellness Program. The only thing I wish for is worksite programs. As far as I know we do not have anything at NCHS. I have not heard of any activities nor have I heard of any competitions here. I would like to see the biggest loser competition that a whole school could participate in and ultimately go against other. I am glad that they offer what they can.

I would prefer an online, individual approach.

not sure

none

I have always tried to be healthy but this helps keep me going its very hard to eat right every day and exercise the wellness programs keeps you motivated and on tract

not sure

the wellness incentives are great.

My husband and I both receive the Mayo Clinic Newsletter. Could some money be saved by sending just one copy to a household?

It helps motivate me to be active.

There are many classes and incentives offered by NCS D for health. Of course, a huge issue is how to make time to do any of them... just making the time can sometimes add to the stress

No comment.

No input at this time

None

I've appreciated the support I have received from the Wellness Office to help keep myself healthy and fit. I have learned a lot through my participation in the programs.

It's great

I have enjoyed walking in the monthly walks. Its always nice to have someone to talk to to help pass the time. Yoga class was enjoyable. I might need more of an incentive to continue. The Soda in the school, the students now just go to the store and buy it and drink it anyway. I feel much more willing to participate in team sports like volleyball, basketball or softball. I also like dancing. Could you offer something like these.

more info and inclusion for subs

I have enjoyed Route 66, Walktober, Walk into Winter, especially as a team.

none

The biggest problem is your 'out of town' schools are often not able to participate.

I like the pre/post testing, also the focus on fitness, eating right, and stress management. I

Two years ago I participated in the steps program and wore the pedometer. I really liked seeing all of the steps I was taking and logging it into the computer. I loved the personal goals I could set and beat for myself. I have not participated in any of the programs in the last two years, but

As a coach, I miss out on the opportunity to participate in most of the after school activities.

It has encouraged me that little things, like an awareness of increasing steps can make a

This program has assisted me in becoming more exercise motivated. I have lost 22 pounds without dieting, just eating more of the proper foods, exercising, and I was told I would need back surgery and by dropping the weight and exercising I have built up my core and my back is getting better. I owe the Wellness program for the motivation, support and guidance to become a healthier employee. I have had fewer colds and handle stress way better. I work in a highly

A service we are lucky to have.

I haven't participated in any but have colleagues that have been successful participating in the Weight Watchers opportunity offered.

I think NCSd does a great job of keeping a lot of new activities going on. Like yoga, Walktober

Be cognizant of time commitments for teachers.

The Health Risk Assessment Incentive and Yearly Preventive Physical Incentive are great and encourage employees to take charge of their health. I like the idea of earning health account contributions and health premium discounts as participation and award incentives, rather than the ???

I enjoy the opportunity to take classes and do weight watchers through the school district.

I think teachers are generally more apt to serve healthy snacks at parties and for rewards.

Good motivators

.

I would like to be able to have an exercise program drafted based on my specific health issues. I finally might be able to afford a gym and we no longer get discounts for joining.

I get to work at 7:30 and don't leave until 4:00 or later. I'm in meetings or am working with kids/teachers/parents/administrators ALL day. If I have any time to myself (rarely because now I'm in meetings during my planning period also), I'm grading papers or planning lessons. This district has taken ALL my time as two of the assessed categories; five years ago I enjoyed doing the many wellness activities. Now I don't seem to even want to deal with wellness which should be my first priority..it's all about tests...tests...tests and two of the assessed areas on PAWS I teach; I LOVE my job but all these new plans/programs/philosophies have just created STRESS for teachers...I've been around 30 years...and teachers, even the young ones, are NOT happy; I just Awesome program!

I do not like having to do the fitness screening at a health club at a prescribed time. It did not fit my schedule or desire. I do not like having that be a requirement in order to receive "awards". I understand the need to track whether or not participants are improving. I find it cumbersome to I don't know

It was hard for me to go to another location for the pre/post screen. It would be nice if it were at

I enjoy the programs and hope you continue offering them to employees.

I went from working out 3-4 times a week to working out every day for the month of November.

I lost 25 lbs. in one session of Weight Watchers at work last year.

I think anything we can do to improve employee health is really important in the long term for the school district. I find that the programs offered to employees need to be very convenient or they won't be utilized. I have participated in several of the school district wellness programs but the one that has had the most impact for me is Weight Watchers at Work. Between Dave and I we lost 75 #. He and I ran the 5k race the weekend before students started. I would never have considered this before the weight loss. I enjoyed the Walktober program. I wasn't always on i am more motivated,when i participate

does not effect me. not offered at my school

The wellness program has probably made me more aware of the importance of a healthy lifestyle.

Walktober was a good thing but would have rather been able to record both steps and minutes due to the fact that I would walk during lunch time (something that wouldn't have happened normally) but then use the gym for aerobic/strength training and needed to be able to record

I like the programs that make me accountable to tracking/monitoring my progress. I also think that all of the programs that involve incentives, should just involve cash or gift cards and that these rewards should just be won through random drawings from active participants. It is not fair when long distance or marathon runners "smoke" everyone with their step(s) postings. Few long distance run but many walk or power walk. I know you have been rewarding both but the overall winners are usually long distance runners, and those of us that walk daily for exercise never have a chance. Also, I believe that most of us would be more interested in just receiving 5.00 instead of the shirts provided or a gift card or even an option to earn donations \$ to a local charity or The wellness program really offers MANY different options for employees to get involved in...makes it pretty easy to get involved if interested.

I have a hard time joining teams due to my childrens activities, but love that so much is offered!

Like having the different options of things to do, but the times need to be later in the evening (after 4:30) because it is difficult to take care of meetings and all that after school and get to all the activities, especially when they're on the other side of town. I think there should be insurance benefits (ie reduction in premiums/rates) for those who participate regularly in fitness and I've been very happy with the District Wellness Program and the incentives that have been offered. It's just a matter of time to do them!

I liked the pre and post tests for Walktober and recording the time online made me more responsible and motivated to do more.

I am not interested in everything I clicked. The survey made me choose something on each question even if I was not interested. I enjoy Walktober, but I was unable to attend pre- and post-screening due to illness and really I didn't want to do it even to receive the prizes. I would rather I don't usually work out and I'm not to active but when there is a system in place like walktober I find it difficult to make the time during the week.

I like the many different things they offer

I think that you have a very good program.....I just haven't done MY part!!

Team competitions are hard and put some people under pressure because they feel obligated. It would be cool to have a program similar to "biggest loser" where you receive training in the gym (without judgement), cooking ideas for the busy lifestyle, etc. However, being an overweight person who has done the WW program, some of the skinny coaches who only had to lose 20 to 30 pounds to reach their goal just don't get what it feels like or how hard it is for a person who has We used to get a discount at Wyoming Athletic Club. Such a program is very good and motivating The Wellness Program is evolving.

I have been involved in the walking programs in the past and have enjoyed them

I think a lot more about walking somewhere instead of driving.

I like the activities where recording progress is a piece. I am more motivated when I have to not for sure just seems like the same ones always win. Prizes are a little dorky
The incentive to do a preventive physical gets me to do it.

I get too many emails to really read the ones that invited me to wellness programs. I would be more likely to join if it was presented by a person.

You try very hard to support us. I would love some help in developing health accountability
It has really gotten me working out. I have tried programs I would have never tried and am a large variety of activities, new ones all the time
Not sure.

I really enjoyed the Weight Watcher group. Only problem was early mornings.

I like that the district provides these programs. I think they are good incentives and who doesn't
Can not think of any at this time.

Let WW at Work be held outside of school buildings with school folks. I.E., the Commissary Mall.
People still talk school, see school people, etc. when it's in the buildings and it is distracting to the purpose of attending the WW group. Also, I get stopped with work questions when I'm present
I am in need of more time. (Always the answer, isn't it?)

The times that are available for classes and not worked with my schedule.

Walktober helped me become motivated to exercise daily.

The Weight Watcher sessions being only offered in the early morning is not conducive for single
Different times, earlier in the morning...

It helps me set high goals for myself and reach them.

most programs are after work. Working nights makes it impossible to be involved in any

I never seem to be able to find the links that I am looking for. I still have not been able to find the information on incentive options this year.

Enjoyed the golf this past summer.

Wellness Program is a great program.

I am a new member to the district and I think it would be great to get info or know where to find
N/A

I love that our district is into preventive measures.

I think there is a good variety of opportunities to participate. I haven't really done much with it because I'm not motivated to take on another thing I need to keep track of.

I think that what the wellness office offers is of quality. It's just finding time to do it.

Would like to see some team programs

Just limited time to participate in the programs.

xxxxxxxxxxxxxx

School site based programs are more convenient.

I think the wellness program is great. I have not been able to participate in many activities because of the times they are offered. I think it would be great to offer these programs at
no suggestions

-

I liked to see my progress when I was able to participate.

Don't care for the trinket things for the minutes/steps program. Would like wellness programs rewards to be fair if starting a new program or activity vs competing with someone that runs marathons! I have become more active and aware of how many steps it really takes to get 10,000 in a day. Wish there was a program or person that would help make our work spaces
I think it's a great program that other school districts don't offer.

I really enjoyed weight watchers at work. I have lost 30 pounds. I would like to try some exercise classes but they don't seem to be offered at times that work with my schedule. I really would like to see some classes the focus on health and weight control for my 12 year old. Walktober was the first program I have participated in for a few years.

Great program thanks for all that you do

I'm not sure this a way to spend our money with the budget crunch

I have only participated in one program. It was a few years ago. It made me more aware of how much walking I was actually doing. I increased my walking because of it.

Anything to help me be and feel healthier I would be interested in.

I think some kind of weight loss program or workout program at the schools we work at would be Regular email updates are encouraging

I did take advantage of the reduced price of admission to Lifetime Gym through the school district this year and several wellness classes that were offered about 8 to 9 years ago.

Makes me more aware of my health.

This program has encouraged me to change my level of activity and to make lifestyle changes

I got it the Octowalk and love it

I have not participated much.

Mental health doesn't seem to be focused on as much and it would be helpful.

I enjoy learning new information.

I love prizes. I have participated in incentive programs for the prizes and money. Thanks a million no coment

On walktober, either have steps or minutes, but not both

I don't remember seeing the Health Risk Assessment this year, but I would have liked to

I enjoyed the stickers last year in the Walktober program. The programs make me aware and the rewards are just a little extra incentive.

none

IT MAKES ME EXERCISE MORE!

I think it is great! I like that the district is giving us incentives to stay healthy, it's a great

Make teachers more aware of the programs available

Everything was ok

I like that our district is trying to be proactive.

I think the NCSW wellness program is great! It's well organized, readily available and everyone is so nice. I wish I would take better advantage of all it has to offer!

na

I do not want dollars spent on wellness if it takes away from classrooms.

I appreciate the opportunity to participate in the programs. Pre&Post assessment was not

When I wanted to use the wellness at NC - Syd was awesome!!

Don't do directly after school because a lot of us have clubs and coaching I personally won't do an extensive before and after test, I am doing this to improve myself, not to win a prize or yoga is a good class.

I think that KW does a great job of forwarding information from the wellness office as well as motivating people to participate. I also think putting people in groups is beneficial for motivation. I don't like that I have to comment to move on in this survey.

I was motivated to obtain at least 40 leaves. That worked and would have had more but illness played a role. I liked helping my team.

would like to see an evening weight watcher at work again. That worked for me and now that it is only very early morning I can't make it.

The programs being done now are good

After school offerings start at 4 which is extremely hard to get to when you are at an elementary school that is out of town. It is also difficult to make 4 o'clock things due to picking up children. Having various programs available has enabled me to be more responsible for my total wellness. Not really sure what the program is/does beyond provide "wellness" opportunities during certain DK

Do not know enough about it

I think it has had a positive impact on many people. I have noticed that many employees are. The programs can be motivating for me but the emails on who wins all the time can be negative for me because I am working hard. Some of the people winning are coaches and people with NO children at home so they can exercise 12 hours a day and win all the time. That too me is depressing. I work hard at getting my minutes in but really get nothing for it that makes me self defense/martial arts program

The incentives have been good. The survey and wellness physical incentives should be brought sid and Rachel work very hard. Yoga class is wonderful.

Gives a goal, even if not followed strenuously or faithfully.

I like programs offered at central services.

Great program. Finding time to participate is difficult. Keeping focused is a challenge for me.

First it helped me lose 34 lbs - I'm no longer on high blood pressure medicines. I feel better. I need the help to stay focused - the exercise programs are a blessing to me. Many thanks.

I think the wellness program is wonderful. I hear many of my coworkers who participate in the group activities. I am more motivated by doing things individually or with my family members. A family incentive (such as free rollerskating tickets/movie tickets/Casper Aquatics Center/other family incentives would be a GREAT motivator for involving the whole family in fitness activities. I've never participated in any of the programs so I really don't have a negative or positive

I very much enjoyed the Route 66 program last spring. Logging really keeps me motivated and accountable. I wanted to participate in WW, but cannot make it to the early morning sessions
no comment

no time,

Time is of the essence, and I use my gym membership to get my wellness in. I haven't participated in NCSW wellness programs (except CPR/First Aid training) in a long time.

Thank you!

I think the money could be spent on other things, such as lower insurance payments, than to

No impact

I wish there were more things available during school. Maybe that isn't possible but I wish it

If the wellness program was housed at schools more staff would join in....

I like that there are many opportunities to get involved--and incentives.

I enjoyed WW at work, and I think the Wellness dept. offers many opportunities for healthy living.

I, however, have family, full time job, etc...that usually keep me from participating. It seems like "one more thing" to add to my already ENTIRELY overflowing plate! I do appreciate the

Generally positive, your efforts have improved over the past 5 years.

Lots of opportunities.

Not sure

I like how involved they make the programs. They are family friendly also.

I was dealing with cancer this year, so I was not in any of this year's programs.

Would like some weight training one or two nights a week in the middle of the week, but do quite

It's very difficult to attend anything because of the hours I work so weekends are best

I don't seem to be aware of what's available. Could be how hectic job is and I just don't check it out. Also, when overweight you don't want to take a class or participate with others that are

It is great working together with a group (Walktober) and recording data to actually see and visualize what is going on. Little incentives, while it is not the district's responsibility, is nice, not sure

Hours that we work

I like the programs I lack motivation and consistency, the ideas and concepts are great, I need motivated and support, not just gifts.

I see more people being active. It has not had a direct impact on me. I most likely will not participate in any lunchtime program, and my work time before and after school is spent working. I think that people are overwhelmed by the amount of emails currently being sent out, and therefore not reading them and taking full advantage of the programs offered.

I enjoy your programs. I wish it was more affordable to join a gym.

I believe we are doing well at offering healthier choices to students. We as staff probably need to work harder at better modeling of eating/exercising habits. :)

Great Job however most things seem to be offered at 4:00 and some of us do not get off work until after this time so we are unable to participate.

I have not used the Wellness Program other than getting the MAYO Clinic magazine. Which I do enjoy and get some good ideas from.

the annual physical and blood draws have been very positive and informative

I have never participated in any, except for the \$25.00 incentive for a yearly exam.

I believe that NCS D offers valuable programs and a great variety of programs. I enjoy any Weight Watcher's helped me lose 50 lbs (my fault I have gained it back: Stress in my life); We were encouraged to be successful with helpful hints on exercise during walking/exercise programs. I had trouble with the online reporting of exercise steps. The Wellness Programs get me to be for active than if I was left on my own. Rachel was always encouraging and helpful. I I've lost weight and feel better

I do appreciate the money back program for Weight Watchers and Think Light. Money is always a I am pleased with the number of opportunities offered to employees and frequently wish I could participate. Unfortunately, the time at which the opportunities are offered conflicts with my The Weight Watchers program was great and i wish there was still an evening one..the am ones kind of leave out the people with young children.

I enjoyed the Centennial walk so much last year that I came this year not knowing it was called off. But my daughters, Granddaughters and myself walked anyway. Would love to get in this habit. Years ago you had a program Where you started walking slowly 10 min then added minutes each day. I did very well with that program and enjoyed the time I walked. The hard ? if steps and minutes are a comparable ... need to do one or the other? I was motivated to do my walking even on the ugly days.. loved the socks..

I like having the incentives. It keeps me motivated.

I participated in Weight Watchers and was successful. I also have participated in a NCS D 5 K and i have enjoyed yoga

The NCS D Wellness Program is influential in changing my personal eating habits. The onsite weight watcher's meetings motivated me to lose considerable weight. Thanks!

I don't like how you have to do the pre/post screenings in order to earn incentives.

n/a

Never participated.

I have enjoyed the programs so far. I have a great support group at work. with out them I I have noticed a lot of participation throughout my school building for wellness.

We participated in the Route 66 and were pleased. One of the reasons we did not then do Walktober was the pre and post testing process. It was not well organized and lines were long. The best program was the one Syd organized with the nutritionist from the hospital.

Enjoying, just signed up but looking forward to completing

Would like more lunch time wellness activities and/or trainings.

More information on what and where stuff is happening

Programs run too long. Frequent short spurts keep my motivation and engagement better.

Separating "ability" levels for competitions might be nice, i've got no hope of winning when I'm

It is hard for Midwest people to come in to exercise programs; would be nice to have something

I haven't participated but would like to.

If what you suggested about getting reduced premiums for being healthy is enacted, that makes

Weight Watchers at work helped me.

I am absolutely impressed with the district's active interest in keeping its employees happy and

I have enjoyed the programs I have participated in and have improved while on the programs.

I have participated in several of the Wellness Programs. They have kept me motivated. Working

for better health puts me in a better mood. Thank you for offering them.

it is hard to get onto the computer program when you have not used in some time

no comment

I like that the district provides this option to its employees. It helps keep us motivated and

I have never participated in a wellness program

No comment

Programs like Walktober or incentives for getting a preventive exam are motivating to visit the gym more often and my doctor to help prevent disease.

Make it a school activity. School vs. Schools.

I really appreciate the yearly wellness check-up exams being funded, along with the appropriate tests. I do not like participating in contests and other such things.

Really enjoy the program where you can track your progress on a daily basis.

have not participated.

I like the competitive aspect of the Walktober program.

Lost weight. Increased cardio endurance.

The wellness program is a wonderful idea. My job requires me to put in many long hours and it is

I love the wellness campaigns like Walktober - a great incentive to get moving and good prizes, too! I'd love to see more fitness classes offered.

I like that there are choices.

I liked the Casper Dollars as an incentive.

Time is a huge issue. I am glad the district is encouraging people to improve their health.

m

Great job on advertising the programs.

Good incentives; free gym memberships were nice to have; money back for HRA and yearly exam

I enjoyed the WW program but most of the times were not manageable...The Walktober program

I think it is a good program and necessary, I however, have not taken advantage of it like I

As I am very much a loner (by choice) I prefer small classes and/or groups.

It is difficult for me to find a good time to participate

I think they look interesting and signed up for the latest one.

No comments either way.

It has been difficult lately for me to get involved in any extra activities. However I am very

It seems that there are fewer and fewer classes to choose from compared to what used to be

I am glad that they attempt to give us an avenue to get motivated and exercise .

I think our wellness department does a great job at giving us all great opportunities to get

I think the NCSW Wellness Program is thorough and really tries to meet the needs of as many

employees and their families as possible.Thanks

Even with minimal participation I was able to loose weight and inches. It was great. More in person contacts would help to motivate me to participate more.

The information is easy to access and know what is going on. It doesn't always make it convenient to make it to the sessions or offer a motivator to go. As we all know a life changing events take time and with all the other responsibilities I carry it is often not on top of the list for I think it's great! Have to work out some details, but hard with that many people.

I'm not really sure. I am relatively new.

Some of the programs that i would like to have partisipated in, I believe were offered only while I think you guys do a great job promoting health and wellness. The incentives and activities you plan and provide meet the needs of a wide range of individuals.

I am active on my own. Finding time to document that activity is tedious.

i dont have time to do any of this

I think that sometimes it feels that many of the programs are offered when it is hard for me to participate especially during the fall when I am coaching

Loved Walktober and "sock" incentives because they were both useful and not too expensive for NCSD. Also, love the support given to the aerobics program at Southridge Elem--so nice of the I have a hard time making meetings in the morning, so after school is easier for me.

No changes

Like the new ideas

none

I would like better access to H1N1 shots.

You have had good opportunities; however always seems like something happens and I can't

Great that you are involved and helping others

I have been more motivated by the district wellness program to exercise than i have by any other program - probably because of the positive attitude of the wellness staff and because i have tangible reminders - even when i don't participate for a period of time, i get back on track

none at this time

no comment

Accountability helps alot. More locations to use for exercise and such.

.
KW room for yoga was filthy and inappropriate for type of class. When yoga is held at central services the room may or may not be ready for use when participants arrive. If wellness is a priority, then so should having adequate facilities available for the activities. I wish more programs could be held at individual school sites with scheduled activities. Currently we have an I enjoyed the team effort at our school, it allowed me to get to know staff I didnt know too well.

I am just impressed at the level of activity the NCSD does for their employees...all the wellness incentives etc...Rachel Trujello does a great job !

none at this time

I really have not had much experience with the Wellness Program

I have called Wellness and emailed and not received answers. You guys need to be more responsive and not just ignore requests for information and programming.

I really like the programs like Walktober and one that we did a couple of years ago. I found the format held me accountable and motivated me to exercise daily. Yeah!

your doing a good job

I think there should be 2 wellness walks offered to staff. Specially for those, like me, that don't get off of work until 5pm. I miss out of most of them.

It is a great program and give employees incentives to be healthier. I have tried different activities because of the wellness program and have really enjoyed each of them

Rachel and Syd ROCK!! Thanks for ALL that you both do!

It is nice to have something that holds me accountable. I more likely to exercise with a program I LIKE WHAT YOU ARE DOING. KEEP COMING UP WITH IDEAS.

Still becoming familiar

It's great to have this program. I have learned a lot.

I like the incentive of receiving \$90 back in the Weight Watcher program, makes me want to work

I think the variety of topics is terrific. Keep up the good work! I enjoyed Walktober

The wellness program has always been very helpful for me.

I am new to the district and don't know much about what is offered

It has made me more aware of my general state of fitness.

I like participating in the programs whenever I learn about them. As a retiree, paying premiums for my insurance & my spouse, I would like to see more incentives for us, too.

I think its a great thing!

Seems to be going well

I do more when held accountable. How do you know who is filling this out to win the prize. This none

I realize how important exercise is --it is just difficult to find the time to do it.

I have enjoyed the opportunity to participate in the different wellness programs offered. It has kept me active and engaged in a regular exercise routine. I have lost weight, body fat and inches first aid and cpr training has had a positive impact on all staff and coaches in the district in my Wellness Programs keep me motivated to try & improve overall health.

I really enjoy the walking programs and the use of pedometers

Walktober wasn't as beneficial to me, as the last program because the gym times were not good for those of us who have school hours. Also, I understood the e-mail to say we could schedule another time for the post test. I e-mail stating that I could not make the scheduled time and wasn't given an alternative time. So I was a little disappointed that I didn't get to complete the program. I do thank you so very much for these opportunities though. I do believe it is

I would like to see times that all employees can be involved in the activities including (Custodial, I love the on line programs. It is a fun way to keep track of what I am or are not doing to I'm not motivated enough to attend I guess

I think that the wellness program makes me more willing to participate in wellness activities.

I am the building wellness rep and it seems to be working well here.

I believe the wellness program has made me more aware of things I need to do to stay healthy.

No suggestions.

I have enjoyed walking options in the past. I wonder if going to some different areas (learn a nice 2 mile route in PV, near the Veterans' cemetery on the east side of town, etc.) would add the

It's nice to have the opportunity to participate

I enjoyed participating in Walktober. I also like the counseling services that are available through I always have good intentions, but with 2 kids in school it seems that I am always running them to their own activity and I can't find the time!

Wellness office in CSF always accessible and helpful.

Like walking programs

Encourages wellness

I have been more active due to the wellness program. The incentives have motivated me to be

I am pretty new so I don't have any suggestions at this time.

More opportunities for competition for prizes would motivate more people to participate and get in

Truly none- it has been more of a buzzing fly than anything...

Provides lots of information

i liked the walktoctober program

I have not participated in any yet, so I do not have a comment.

Having positive reinforcers and positive information available helps keep health to the forefront
I think it is great that various classes, activities, and information is available regarding the variety
I am very happy to have a Wellness Program available & feel that overall it reaches a wide variety
of individuals. I have enjoyed the health assessments with incentives & some of the classes.
Having not participated in any programs, i do not have the perspective to properly comment.
The blood screening is a good thing.

I would participate more if childcare was provided early in the morning.

Weight Watchers was a good addition, but need more leaders to provide alternate times. Would
like more team competitions. Even if we didn't win, it was fun.

I am likely to get depressed at different times throughout the year. The programs help reduce
through the hearing screening, I discovered that my hearing loss was due to nerve damage when
I appreciate the education, opportunities and motivation to make myself a healthier person!
It's great that something is being offered. I am in hopes that I can take advantage of some of the
I am glad that these have been offered.

no comments at this time

It is pretty good.

It helps me stay motivated to exercise

The whole minutes vs. steps and all day vs. concentrated workout is confusing and led to
Thanks!

I do not use the NCSD insurance, and therefore am not eligible for incentives. Should not be like
I am very impressed with the wellness program, Rachel is doing a wonderful job!!!
not enough notice.

The change of the risk assessment deadline, I missed it and it caused me to miss out on the
money that you receive from taking it. I like the incentive for the wellness checkup.

Programs beginning @ 4:00 pm are impossible for me to attend.

It has helped keep me motivated to exercise regularly.

My experiences have all been positive.

Don't waste money on trinkets, t shirts, etc.

I enjoyed the activities that I participated in a couple of years ago. I would appreciate having
activities at my worksite or nearby locations.

The only programs that I have participated in have been at my school

I would like the lunchtime sessions.

Keeps me accountable.

I love my wellness rep

walk to Hawaii for the student was a positive

I think our Wellness program is great!

I like the activities that help me stay accountable by logging things in. I also preferred competing
against myself rather than being on a team.

I live outside of Casper. It is difficult to come to Casper on a regular basis.

not sure

o

Not much, have not utilized the program...too busy.

None

Have no negative comments

No comment

Having a group to participate with is helpful

I feel that the school puts out a lot of programs and is always trying to motivate us.

I love the Mayo Clinic Newsletter and read it thoroughly!

N/A

It isn't the health program that is the problem, too many teachers work 8-10 hours at school and 1-3 hours at home to keep up with what is required. When is there time to do any thing else?

At first I liked logging my progress in the various programs I participated in, but I grew tired of I don't know anything about the wellness program.

I have enjoy the programs that I have done so far.

I believe NCSD is smart in the promotion of the wellness program. I appreciate the support and dedication to the employees' well being.

willing to exercise, time permitting

I like talking to the nurse when they call.

More wellness programs in our school, and posters to advertise the events.

I think the Wellness program does a really good job. I just have improve my motivation.

I run on my own, so I have not participated in any wellness activites, but I would be interested.

I feel motivated when I have to record my progress. I have found recording online is the easiest.

I feel uncomfortable with the pre/post screening. I usually feel sad and disappointed after. I

enjoyed the team competition, because I felt accountable. However, I also felt a lot of pressure and stopped everything after the competition was over, because I had worked hard and was

I like that your dept is active and does a good job of giving folks opportunities and incentives to The program encourages me to be more active and eat better.

It has inspired me to pay closer attention to my health and weight even if I can't participate in kjhgytjf

I haven't participated in any of the programs to make a suggestion.

Did walktober and though it was good except for the large amount of emails, they seemed rather

I have found the programs I have participated in to be helpful and motivating

Have not participated yet.

have not participated

I think the program is good. I wish I could find something to work into my schedule.

the walktober program helped to keep me accountable to my fitness goal

People who have participated seem to have a positive experience with it.

It seems that NCSD is trying hard to get people active and involved in healthy lifestyles.

They currently offer programs - just need to make time to participate.

So far, so good.

I enjoy getting emails that mentions any aspect of health, I especially like to hear about all of the programs that are being done by staff members in our schools. I would like to hear more on teen

Just began participating in Wellness this month and looking forward to it

I wish I were more included, as an eligible but non-participating insurance member. I have great ins. through my husband, so I don't have district insurance. However, this means I don't qualify

We are very, very fortunate to have such a fabulous Wellness Department in our District.

Walktober reminded me to be more active.

I like the wellness program, but feel that it doesn't encourage people who are not already very athletic to participate. My students and I did the Walktober, but because the requirements of

participation and activity were set so high, we couldn't even begin to feel like we were participating. I would like to see acknowledgement made of BEGINNING efforts as well as

outstanding efforts... I would also like more activities that teachers and students can do together Having a minimum requirement of amount of times a team member must record to participate, or

they should be dropped from the team.

Good efforts!

Hearing screenings have been a positive.

It would be awesome if we could have preventative/alternative health care used for insurance deductible such as naturopaths, herboligists, acupuncturists, organic eating etc. More

none

Walktober provided great incentives! Weight Watchers at work truly impacted my life in a huge way - I lost over 40 pounds and returned to an activity level that allowed me to participate in activities I thought were no longer a choice for me, specifically running marathons.

Lots of choices...I am just really not interested

My favorite was Route 66. I could get my family into the YMCA.

I think that Employee Wellness is doing a good job, but could possibly offer more of a variety of activities for employees to participate in.

I love being involved in the district wellness programs because it helps keep on track and Weight Watchers was very motivating. I enjoyed the staff from the WW center downtown

Walktober a year ago was very motivational, WW in the workplace has been wonderful.

I like the wellness programs provided. I don't like the fact that you have to pay if you do not participate in the insurance. I did not participate in the Walktober because i would have to pay.

I am glad the district has a wellness program.

na

Enjoy the things provided.

I like the programs I have participated in. It would be nice to know more about them though before hand. I felt like I did not know how walktober worked before I set my goal. Please just

I like the Walktober as it motivates me to get moving more and count my steps.

i like that you offer different ways to improve your wellness. Some I cannot do because of my disability, but I try to do some. I am doing the 4 health. I can do that one. I like that you try to

na

NA

?

I haven't really had any impact.

I did Walktober and loved it. Was very motivational for me. We were excited to do this next one

The Walktober got me back into a work out routine that had fallen off since the summer.

We need to bonus those who try to stay healthy and and those who don't want to stay healthy

Weight Watchers helped me lose 50 pounds.

I am just pretty independent, easier to walk on my own than to try to match schedules or gaits with people. I DO believe there are many people who need/like that outside support or

I think the programs offered have had a good range of interest and the department is doing a good job at reaching out to people with different interests and needs

I think too much money is spent on rewards.

like the program

on-site (building) coordinated "activities" possibly might improve the likelihood of my participation wellness programs are an incentive to stay in good health

n/a

I would like to see gym memberships given as an incentive. Whether the incentive is that the district will pay part of the monthly fees or pay for an entire 3 months. Group memberships are

For the most part the programs have been helpful

It is fun to keep track of information on the web - one question I have are team stats "pro-rated" to give small teams an equal chance of winning?

Walktober, with the recording of the information, motivated me to do more.

The Route 66 program worked very well for me. I felt motivated to log in those times.

No comments.

I was not very motivated to walk extra during Walktober because I felt the incentives were not an

I like how this district readily keeps you abreast of upcoming events and activities you could join.

I think this important to offer to employees.

N/A

All positive. I just wish the incentives were cash so we could buy our own gift cards or trinkets. I like the preventive health care, but lowering the cost of premiums for employees would help with members dealing with illnesses before they become worse.

I think it is a good program. I don't know how to motivate myself to participate and/or exercise. I think groups on stress relief or coping with aging and working would be helpful.

Some of the sessions are difficult or impossible for traveling teachers (ie meet every Tuesday during lunch - not at the same school every Tuesday, etc.)

none

Scheduling is my main obstacle.

I love our Wellness department! You guys work so hard to keep us healthy. I think the range of activities is good, and I love the incentives and support we get from you. I do think offering more exercise-type classes before/during work AT work would be awesome.

I love the program! Rachel does an awesome job at organizing events. The incentives are great and help keep me motivated to do more!

I am a diabetic and was wondering if the district would ever think of doing a diabetic support group? There used to be one about three years ago, but could not find a place to meet so fell by the way side. I know at times it is hard for me to stay focused on doing the things I should to keep my numbers good. I think it would be great for some meeting just to talk among the members and other meeting to have a foot fr. for foot care, eye Dr. kidney specialist, dietician, etc. I there must be other diabetics in the district and know if not taken serious you can encounter