

## **Categories Produced from Open-Ended Responses and Examples of Quotes from Each Category**

### **DIET, NUTRITION, WEIGHT MANAGEMENT:**

Yoga and Weight Watchers on campus would help a lot. Have cheaper, healthy food at the Grill. At least bring back salads.

hands on healthy cooking

weights watchers @ work options, potentially morning classes (7-8am)

I find Weight Watchers to be a great program but the meetings are demoralizing, stupid, and just plain not helpful. I would like a group of Weight Watchers participants to be able to get together and talk and share.

### **PROGRAMS AND SERVICES:**

Would LOVE to have yoga or pilates offered on campus again. I miss them!

just reiterating need for classes offered in aerobic activities

more health screenings

Provide group activities for motivation and social support.

### **FACILITY AND EQUIPMENT USE:**

Locker rooms-access in gym. Huge obstacle for working professional.

Have better hours during break times so you can maintain your regular schedule

Privacy in changing/showering. Showers/lockers in same building as cardio equip.(fitness center). Clean showers/lockers at PEC pool.

workout/cardio machines in my building would be huge!

### **BENEFITS AND COST:**

More \$ for reimbursement (\$150 is too little)

Increase release time to 3 hours a week.

The little things like chamber bucks for exercise are surprisingly fun and motivational.

Wellness needs to be pushed more at Grinnell College- like when they had people ride bikes to work- people did that - maybe some kind of reward or Grinnell bucks for people that do wellness. We all need it.

**WELLNESS CULTURE:**

time requested off work during 8-5 is not permitted

Change college culture.

Be more encouraging for wellness activities like 10-15 years ago- atmosphere is or does not seem as encouraging.

Check work stations- either too cold or hot hard to work with gloves on

**STAFF ISSUES AND PERSONAL ATTENTION:**

Hire more staff to work the fitness center, not just students, but professionals.

Personal meeting to develop exercise plan-assessment of effect of plan- introduction to new facilities

Get a leader on campus that only focuses on healthy living and is there to talk to.

Making me accountable to a person, and helping me do a correct fitness program, since having back surgery.

**COMMUNICATION:**

I don't know what is offered, where, by whom, for how . . . There is no information out, marketing, or . . .

Give out more schedules of whats going on and make them more clear.

My department is located off campus. At our workplace there are 28 employees. We have somewhat access to 1 computer. We have no access to Wellness Websites or Hope newsletter.

More clearly, post pool & fitness center hours.

**TIME ISSUES:**

Lower work load

More activities offered from 12-1 pm

Change working hrs. to 12 am to 8 am. More regular hrs to go to bed & get up. We miss time and activities with these hrs. Many would agree.

Have some times that work with foodservice workers hours.