Healthy Nanook Survey - Results

Fall 2015 - Spring 2016

What type of classes would you like to see offered? (312 responses)

- Cardio: 83 (26.6%)
- Weight training: 65 (20.8%)
- Yoga: 88 (28.2%)
- Other: 89 (28.5%)

Which time would work best with your schedule? (314 responses)

- Early Morning: 120 (38.2%)
- Mid-Day (Lunch): 131 (41.7%)
- Late Afternoon: 183 (58.3%)
- Evening (after work): 61 (19.4%)
- Other: 17 (5.4%)

What length is ideal for a fitness or health/wellness class? (313 responses)

- 30 min: 96 (30.4%)
- 45 min: 196 (62.6%)
- 60 min: 109 (34.8%)
- Other: 7 (2.2%)
Where would you be willing to attend classes? (312 responses)

- In my building: 33.3%
- A nearby building: 24.7%
- The Student Recreation Center: 11.5%
- Other: 30.4%

What days of the week would you like to see these classes offered? (312 responses)

- Sunday: 12 (3.8%)
- Monday: 97 (31.1%)
- Tuesday: 88 (28.2%)
- Wednesday: 106 (34%)
- Thursday: 96 (30.8%)
- Friday: 24 (7.7%)
- Saturday: 60 (19.2%)
- Weekdays (...): 216 (69.2%)
- Weekend (S...): 0 (0%)

How often would you be willing to meet for class? (313 responses)

- Once a month: 31.3%
- Twice a month: 8.6%
- Weekly: 31.6%
- Twice a week: 24.3%
- Three times a week: 0%
- Daily: 0%
- Other: 0%
Would you be willing to contribute toward the cost for the class instructor (instructor cost is generally $10 - $15 per hour)?
(312 responses)

- Yes: 78.5%
- No: 21.5%

Would you also be interested in group sessions related to workplace wellness and/or nutrition?
(311 responses)

- Yes: 41.5%
- No: 58.5%