

TEACHERS TAKE

5

# WHY TAKING 5 MATTERS

Being active and eating well, both in and out of school, keeps you energized and reduces stress. Research shows that healthy teachers and school employees are happier and more satisfied.

Do you know how your colleagues like to be healthy? Finding activities that you can do together can boost morale and be fun and empowering.

## TAKE 5!

**TAKE 5** minutes at your next staff meeting to distribute this short survey, which (anonymously) asks your colleagues what activities keep them healthy and happy. This survey can give you insight into which healthy activity would stick, should you choose to implement it. If you need assistance, the Alliance for a Healthier Generation can help your school get one of these fun, healthy ideas off the ground!

**WANT AN ACTIVITY YOU CAN DO RIGHT NOW?** We have 5-minute ideas that will keep you active and eating well together.

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# SURVEY SAYS: THIS IS HOW I LOVE TO BE HEALTHY

This short survey is designed to determine your interests, while at the same time giving all of us a chance to better understand the concept of a wellness program. This information can help us plan fun health and wellness activities. All responses will be kept anonymous.

For each of the following, please indicate your level of interest in participating.

| Healthy Activities   | Very interested | Might be interested | Not interested |
|--|-----------------|---------------------|----------------|
| Developing a personal fitness plan                                     |                 |                     |                |
| Aerobics/pilates/fitness classes                                       |                 |                     |                |
| Improving balance, flexibility, muscle endurance                       |                 |                     |                |
| Dancing, Zumba, line dancing, etc.                                     |                 |                     |                |
| Team sports, winter sports   |                 |                     |                |
| Walking and/or running program   |                 |                     |                |
| Strength training  |                 |                     |                |
| Yoga   |                 |                     |                |
| Bicycle, trail riding, hiking  |                 |                     |                |
| Fitness testing  |                 |                     |                |
| Health screenings (blood pressure, blood sugar, cholesterol, BMI, etc) |                 |                     |                |
| Weight management informational sessions                               |                 |                     |                |
| Stress management informational sessions                               |                 |                     |                |
| A weight management program, such as Weight Watchers                   |                 |                     |                |
| Healthy cooking and meal planning classes                              |                 |                     |                |
| Label and menu reading training  |                 |                     |                |
| Other (list):  |                 |                     |                |

# SURVEY SAYS: THIS IS HOW I LOVE TO BE HEALTHY

For the following, please select one number for each question:

**4= Very likely, 3= Somewhat likely, 2= Not very likely, 1= Not at all likely**

1. I would buy heart-healthy snacks during the day if they were available (for example, pretzels, yogurt, fresh fruit, 100 percent juice, dried fruit, etc.).

**4      3      2      1**

2. During my planning time or before or after school, I would participate in a physical activity like stretching, aerobics, yoga or walking if there were a place to do it.

**4      3      2      1**

3. During my planning time or before or after school, I would participate in a physical activity like stretching, aerobics, yoga or walking if there were a group of us.

**4      3      2      1**

4. I would eat fruits and vegetables if they were available at our staff meetings.

**4      3      2      1**

5. I would participate in group activities encouraging healthy eating or physical activity if they were offered to staff.

**4      3      2      1**

6. I would like to get at least 30 minutes of physical activity most days of the week.

**4      3      2      1**

7. I would participate in a health promotion program for staff if it were offered.

**4      3      2      1**

8. I would be more likely to participate in a health promotion program for staff if there were incentives such as (please list): \_\_\_\_\_

**4      3      2      1**

9. I would read health tips (articles, recipes, information on upcoming events) via email, bulletin board, newsletter or other source.

**4      3      2      1**

10. I would like to improve my eating habits.

**4      3      2      1**

11. I would participate in wellness activities before school.

**4      3      2      1**

12. I would participate in wellness activities right after school.

**4      3      2      1**

*Sources: Adapted from Tompkins County, New York, Worksite Wellness Program Working Well Works, Arkansas Department of Health, and WEA Trust.*

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