



# EMPLOYEE WELLNESS INTEREST SURVEY

As you may be aware, the City of Pentictok will be establishing an Employee Wellness Program jointly sponsored and managed by a Committee representing both union and exempt employees. Prior to implementing any Wellness program, the Committee needs to hear from all employees.

As the concept of Employee Wellness may mean different things to different people, the purpose of this survey is to obtain your input and/or comments that will assist the Employee Wellness Committee in determining which wellness activities are most important and are of interest to you.

There is no limit to the variety of programs and initiatives that can be introduced, offered and/or developed through an Employee Wellness program. However, the main focus should be to encourage and motivate employees to take a proactive approach on their wellness.



## What does WELLNESS mean to you?

Please review the following list of activities and indicate with a check if the activity is of interest to you. Please note that the following list is only a sample and we encourage you to list any additional activities that you would like to see as part of the Wellness Program, which may not be listed.

| ACTIVITY                               | YES | NO | ACTIVITY                               | YES | NO | ACTIVITY                     | YES | NO |
|--|-----|----|--|-----|----|------------------------------|-----|----|
| <b>HEALTH</b>                          |     |    | Aerobics                               |     |    | Photography                  |     |    |
| Blood Pressure Clinics                 |     |    | Yoga                                   |     |    | Cultural Awareness           |     |    |
| Cholesterol Assessment                 |     |    | Fitness Counselling                    |     |    | Group Cycling                |     |    |
| Nutrition Counselling                  |     |    | Tai Chi                                |     |    | Ski Trips                    |     |    |
| Osteoporosis Prevention                |     |    | Weekend Hiking Clubs                   |     |    | Fishing Derby                |     |    |
| Weight Management                      |     |    | Outdoor Water Sports                   |     |    | Family Picnics               |     |    |
| Flu Vaccinations                       |     |    | Fitness Assessments                    |     |    | Theater / Drama              |     |    |
| Back Care                              |     |    | Snowshoeing                            |     |    | Singing / Choir              |     |    |
| Smoking Cessation                      |     |    | Curling                                |     |    | Parade Float                 |     |    |
| Substance Abuse                        |     |    | Fitness Classes                        |     |    | <b>EDUCATIONAL</b>           |     |    |
| Stress Management                      |     |    | Golf Tournament                        |     |    | Lunch & Learn                |     |    |
| <b>PHYSICAL</b>                        |     |    | Bowling                                |     |    | Resource Center              |     |    |
| Corp. Teams (e.g. hockey)              |     |    | <b>SOCIAL</b>                          |     |    | Brochures                    |     |    |
| Noon Walking Clubs                     |     |    | Crafts                                 |     |    | Newsletters                  |     |    |
| Running Clubs                          |     |    | Card Games/Chess etc                   |     |    | Guest Speakers               |     |    |
| Entry to Subsidized Fitness Facilities |     |    | Corp. Sponsorship of Events (Run/Swim) |     |    | Health Brochures / Pamphlets |     |    |

If you have any other priorities that you feel affect your wellness, please describe:

What would MOTIVATE YOU to participate in a Wellness Program?

- |                      |                          |                           |                          |
|----------------------|--------------------------|---------------------------|--------------------------|
| PRIZES/REWARDS       | <input type="checkbox"/> | SOCIAL OPPORTUNITIES      | <input type="checkbox"/> |
| COMPETITION          | <input type="checkbox"/> | EDUCATIONAL OPPORTUNITIES | <input type="checkbox"/> |
| LIFESTYLE CHANGE     | <input type="checkbox"/> | FITNESS OPPORTUNITIES     | <input type="checkbox"/> |
| PERSONAL RECOGNITION | <input type="checkbox"/> | IMPROVED WELL-BEING       | <input type="checkbox"/> |

**Penticton Staff "Give-Back"**

Would you participate in activities that result in fund-raising for various charitable organizations, e.g. United Way? Soupataria? Kid Sport? Yes  No



**We Need Your Expertise**

Do you have special skills or expertise that you could share? The Committee is interested in learning if there are any employees who have a special skill or hobby that they may wish to share with their co-workers in their spare time (e.g. craft, hobby, physical activity) and would be interested in volunteering to lead a class during a noon hour or after work.



Name: \_\_\_\_\_ Division: \_\_\_\_\_ Phone #: \_\_\_\_\_

Skill / Activity: \_\_\_\_\_

**We Need Your Feedback!**

Employees who complete this survey will have their names entered in a draw for a number of great prizes! Please be sure to include your name on the survey, if you want your name entered in the draw (one entry per employee please).



Name: \_\_\_\_\_ Division: \_\_\_\_\_

Phone #: \_\_\_\_\_

**\*\* IF YOU WISH ANONYMITY, PLEASE OMIT YOUR NAME\*\***

**WE WOULD APPRECIATE RECEIVING YOUR COMPLETED SURVEY BY  
SEPTEMBER 26, 2003.  
THE WELLNESS COMMITTEE NEEDS TO FORMULATE THE RESULTS  
BY OCTOBER 03, 2003.**

QUESTIONS? ... Please feel free to contact a member of the Employee Wellness Committee

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|--|-----------|
| Barry Chickloski, Chief Building Official, City Hall     | Local 505 |
| Gerrie-Lynn Chrupalo, Convention Secretary, PT&CC        | Local 460 |
| Brent de Leeuw, Sub-Foreman-Meter Reading, Yards         | Local 301 |
| Patty Derkach, Human Resources Co-ordinator, City Hall   | Local 470 |
| Carolae Donoghue, President CUPE 608                     | 493-4468  |
| Mark Hotz, GIS Co-ordinator, City Hall                   | Local 499 |
| Dave Lieskovsky, Recreation Supervisor, Community Centre | Local 433 |
| Karen Norris, Accounting Clerk, Payroll, City Hall       | Local 479 |
| Gwen Sander, Lifeguard/Instructor, Community Centre      | Local 434 |
| Wayne Williams, Deputy Fire Chief, Fire Hall #1          | Local 309 |

***THE WELLNESS PROGRAM BELONGS TO YOU!***