April Monthly Mindful Challenge

MUSC Office of Health Promotion and Employee Wellness Program are offering a year of mindful wellness challenges to support healthy behaviors at work. Each month a health behavior will be featured and employees will be asked to engage in that activity throughout the month. Employees who choose to participate in the challenge will be eligible for prizes by completing this short survey and a brief one at the end of the month.

What is your first name? ____________________________
What is your last name? ____________________________
What is your email address? _________________________

Please indicate which entity you work in:
- MUHA (hospital)
- MUSC (university)
- MUSC Physicians (UMA)
- Sodexo
- Crothall
- Other

What department do you work in? _______________________

What made you decide to participate in this challenge?
____________________________________________________________________________________

On a weekly basis, how many times do you engage in some form of exercise?

- 0
- 1
- 2
- 3
- 4
- 5
- more than 5

If you aren't able to exercise as often as you would like, what are your barriers to doing so?
____________________________________________________________________________________

When was the last time you tried a new exercise or workout?

- Within the last week
- Within the past month
- Within the past 2-6 months
- Within the past year
- Don't know

Do you plan to try and participate in some of the activities that will be offered as part of MUSC Moves Fitness month?

- Yes
- No

As a reminder, the April challenge is focus on Fitness: MUSC Moves! Try a new exercise or workout this month. Look for opportunities to expand your fitness horizons with our demos and classes, and free day at the Wellness Center on April 16th. We will send out a link for the final short survey at the end of the month.