February 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 often do you take the stairs or long way round to/from your workplace?
- 0
- 1-3
- 4-6
- 7-10
- More than 10
- n/a

Do you get up from your desk hourly for some form of purposeful movement to decrease your risk of heart disease?
- Yes
- No
- n/a

How many times per shift do you get up?
- 1-3
- 4-6
- 7-10
- More than 10

As a reminder, the February Monthly Mindful Challenge encourages you to exercise your heart by taking the stairs or the long way round to your workplace, and during the day getting up from your desk hourly to decrease your risk of heart disease.

We will send out a link for the final short survey at the end of the month.