May 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? ________________________________

The benefits of exercising outdoors are numerous including a positive effect on mental health, increased energy levels, and feeling more satisfied.

Do you ever exercise outside?
- Yes
- No

What do you like most about "green" or outdoor fitness? ________________________________

What keeps you from taking your workout outdoors, if you do exercise?
_______________________________

As a reminder, the May challenge is Adventure Out: find ways to exercise outdoors and enjoy the many benefits of green exercise. To learn more about the Adventure Out program offering outdoor fitness classes throughout May, please visit musc.edu/adventureout