

SUU Health Survey Report

Respondent profile

There were 449 people who provided valid responses. Gender was balanced (49% women, 51% men). Average BMI was 26.89 (25 to 30 is overweight; over 30 is obese). However, 6% did not provide weight. The average age was 46, and 8% did not indicate age.

Subjective ratings of their own health were as follows: 1 = not at all satisfied, 2 = not satisfied, 3 = neither satisfied nor unsatisfied, 4 = somewhat satisfied, 5 = very satisfied. On average, people were satisfied with their current health, average = 3.26. The most common response was 4 (somewhat satisfied; 40%), followed by 2 (not satisfied; 32%).

Program Preferences

Interest in specific activities

1 = I would not consider it; 2 = I might consider it; 3 = I would strongly consider it

Activity	Average
Walking outdoors	2.39
Hiking	2.31
Walking Cardio Equipment	2.29
Healthy Cooking	2.27
Personalized Nutritional Counseling	2.2
Weightlifting	2.15
Financial Planning	2.15
Stress Reduction Seminars	2.11
Personalized Weight loss Counseling	2.09
Swimming Laps	2.08
Sessions with a personal trainer	2.04
Bowling	1.98
Yoga	1.92
Jogging Cardio	1.89
Self Defense Class	1.88
Guided Mountain Bike Excursions	1.85
Canyoneering	1.84
Water Aerobics	1.81
Mediation	1.79
Snowshoeing	1.79
Ballroom Dance	1.78
Street Biking	1.77

Jogging Outdoors	1.76
Zumba	1.75
Rock Climbing Wall	1.74
Martial Arts	1.74
Tai Chi	1.74
Employee Volleyball	1.7
Employee Racquetball	1.68
Outdoor Volleyball	1.68
Golf	1.68
Cross Country Skiing	1.68
Life Coaching	1.64
Marital Family Counseling	1.63
Employee Pickleball	1.61
Wii Tournaments	1.57
Swimming Lessons	1.53
Rock Climbing	1.53
Tennis League	1.52
Alpine Skiing	1.52
Employee Basketball	1.51
Psychotherapy	1.51
Horseshoe League	1.44
Paintball	1.44
Drug Alcohol Support Group	1.17

Activities that were most commonly rated as 3 (I would strongly consider it)

Activity	Mode
Weightlifting	3
Walking Outdoors	3
Walking Cardio Equipment	3
Healthy Cooking	3
Personalized Nutritional Counseling	3
Personalized Weight loss Counseling	3
Hiking	3
Financial Planning	3

Most disagreed-upon activities:

Activity	Standard Deviation
Swimming Laps	0.872
Canyoneering	0.831
Jogging Cardio	0.826

Snowshoeing	0.823
Guided Mountain Bike Excursions	0.82
Personalized Weight Loss Counseling	0.817
Martial Arts	0.804
Jogging Outdoors	0.803
Water Aerobics	0.798
Rock Climbing Wall	0.798

Most common current activities:

Activity	Top 10
Walking Outdoors	229
Jogging Outdoors	107
Walking Cardio Equipment	101
Weightlifting	89
hiking	86
Jogging Cardio	74
Yoga	39
Golf	36
Alpine Skiing	32
Street Biking	31

Ratings among least healthy respondents:

(Poor health defined as high BMI, active smoking, unhealthy diet, and high frequency of 5+ drinks)

Activity	Mean
hiking	2.32
Healthy Cooking	2.26
Walking Outdoors	2.21
Walking Cardio Equipment	2.17
Weightlifting	2.13
Personalized Nutritional	2.1
Swimming Laps	2.09
Financial Planning	2.08
Sessions with a Personal Trainer	2.0
Guided Mountain Bike Excursions	1.99
Stress Reduction Seminars	1.97
Canyoneering	1.96
Jogging Cardio	1.95
Snowshoeing	1.95
Bowling	1.93

Self Defense Class	1.93
Yoga	1.9
Rock Climbing Wall	1.84
Personalized Weight Loss	1.83
Street Biking	1.83
Cross Country Skiing	1.82
Tai Chi	1.79
Martial Arts	1.78
Employee Volleyball	1.75
Outdoor Volleyball	1.74
Water Aerobics	1.71
Jogging Outdoors	1.71
Golf	1.71
Meditation	1.71
Zumba	1.7
Ballroom Dance	1.7
Rock Climbing	1.69
Employee Racquetball	1.68
Employee Pickleball	1.65
Tennis League	1.59
Alpine Skiing	1.57
Life Coaching	1.55
Marital Family Counseling	1.54
Swimming Lessons	1.5
Psychotherapy	1.47
Employee Basketball	1.45
Wii Tournaments	1.43
Paintball	1.41
Horseshoe League	1.4
Drug Alcohol Support Groups	1.16

Activities disproportionately preferred by men:

Activity	ranking
Weightlifting	1
Guided mountain-biking excursions	2

Activities disproportionately preferred by women:

Activity	ranking
Healthy cooking	1
Personalized nutritional counseling	2

Walking outdoors	3
Financial planning	4

Program Format/Motivation

Preferences for program format were consistent across gender and health. Men and women responded similarly, and people in good and poor health responded similarly.

Respondents possible responses were 1 = strongly disagree; 2 = disagree, 3 = neither agree nor disagree, 4 = agree, 5 = strongly agree.

Program Format	Average
I would use the University's exercise equipment if the University offered free access as part of my benefits.	4.29
I would be more likely to maintain participation in free programs rather than fee-based programs.	4.12
The prospect of receiving a discount on medical services would motivate me to participate in T-fit programs.	3.96
A program that allowed me to participate with family member(s) would increase the likelihood that I would participate.	3.94
I would maintain participation in a fee-based program (with the fees going to equipment or personalized assistance) that offered a full refund when a goal was reached.	3.80
I would maintain participation in an exercise program if I could work with a personal trainer from SUU's master's program in Sports Conditioning & Performance.	3.55
I would be more likely to maintain participation in fee-based programs than free programs if the fee includes equipment or other program essentials.	3.36
A program in which I was part of a team would increase the likelihood that I would participate.	3.07
A program that included group competitions with others (e.g., Biggest Loser, Frisbee golf, campus walking) would increase the likelihood that I would participate.	3.00
A program that included individual recognitions would increase the likelihood that I would participate.	2.78
A program that offered childcare would increase the likelihood that I would participate.	2.75

Open-ended responses

Open-ended responses to activities section

An extremely brief summary of the following responses is that people are concerned about the timing of the activities; the season and time of day. Also, people want greater access to existing equipment.

<p>#1 suggestion. Give Faculty and Staff totally free access to all the PE building facilities. If this university is truly going to make this program work, stop putting obstacles in the way of personal fitness and good health. I enjoy lifting weight and Cardio exercising. I do not do well with paid memberships such as is now the program at SUU for faculty and staff. If I pay and for some reason I miss, I feel like I am shorted. That negativity has driven me away from gyms in the past and I don't join any now because of that. At grad school I was in the best shape of my life, and I attribute that to a free use policy that allowed me to exercise without restriction of any kind. Like I said, if you really want faculty and staff to be as healthy as possible, remove the barriers that are now preventing that. Make the PE building totally free for us, in particular the weights and cardio! Now, if you can do that, and you are covering our families under your health plan, you might also want to allow for their free access as well. Look at it this way, by making us pay for PE facilities use, you drive down the number of covered policy holders that actively exercise—and you know better than I, that in turn drives up cost of coverage due to unfit policy holders.</p>
<p>3, 5 & 10 k walking events might be fun.</p>
<p>A class on dealing with stress and anxiety. More specifically how to control and deal with these problems and what causes it?</p>
<p>A faculty/staff weight/exercise room</p>
<p>A lot of these depend on when you would be holding them.</p>
<p>a lot of these physical activities depend on the time of year. I would not consider a lot of outdoor activities during the winter as it can cause sickness, etc. During the summer, I would definitely jog outdoors, etc. This criteria changes my input on questions.</p>
<p>Activities/Classes are great - just don't charge for them!</p>
<p>All of these things take time, so when work pressures persist at 50-60 hours per week, taking time out adds to the problem. These activities are helpful when I can combine the time with my Spouse or Family - They are all part of our health plan as well, however they are not welcome at these "Employee" sponsored events. Unfortunate, because that is where my relationships/time is lacking.</p>
<p>As I just laid down another \$1000+ for Gold's Gym three-year membership for my wife and me, I would be very interested in a cheaper offer, even at low-use times for students, for use of the weight/cardio room facility in the PE Bldg.</p>
<p>As I work off-campus in Kane County, I would want to know how I would have access to obvious on-campus activities.</p>
<p>As you can see, I'm already involved in a number of these activities. I hope you find a way to count that, and not force me to do these activities with campus to prove I'm doing them. I'm active, I'm involved, but I like to do these with my family, AWAY from my colleagues where I can work out in peace and with people who aren't in my daily work life.</p>
<p>Can spouses be involved in these activities? You forgot the T-Fit Softball team. I have participated and would again.</p>

consider reduced costs for pool and weight room
Creative Movement/Dance Therapy
Crossfit Cedar City offers several fun ways to be fit and healthy. There are already several faculty and staff who are involved and have a great time.
Diabetes counseling. Diabetes requires special diets and it is difficult for people with diabetes to understand the balance that is required between diet and exercise. I strongly encourage this. I would also suggest a new mom's support group with a focus on nursing, losing the baby weight, life balance and dealing with the emotions following the birth of the baby.
Distance running group. A group that would get together in the mornings or afternoons in order to provide motivation and incentive to run.
Free admission to gym and swimming for faculty and staff would encourage more people to use these facilities, if the university seriously values employee health more than the small fee revenue.
Frisbee or disc golf --inexpensive anyone can play. We just need a course here in CC and there are many universities/colleges that have one on campus.
How about horseback riding? How about canoeing, kayaking or other water sports?
How about lower insurance costs for those who are physically active? Reduced membership costs for local gyms? Free access to the school's gym?
How about rifle/shotgun/pistol shooting? Or, perhaps archery?
I am over 60 with back and leg problems so I would love opportunities to strengthen those areas without killing me.
I believe that dependent health is a large factor as well so availability of activities to dependents would be a great idea.
I do not currently attend Zumba because I am caring for my daughter in the morning. It would be nice to have additional classes during the day.
I don't do early morning activities
I have always wanted to learn how to start a proper weight lifting program, but I don't know how or where to begin. My favorite items listed in the survey was having the chance to meet with a personal student trainer. Another key part for me is finding a friend or friends to exercise with who are at a similar level as me.
I have been unable to attend any of the Wellness yoga classes since the first year, when they were conveniently scheduled in the evening (M at 5 and W at a later hour if I remember correctly). The new schedule is impossible!
I have high cholesterol and would like to have it checked to monitor how my body reacts to medications and exercise.
I love a lot of these ideas. I would be so pleased to see the PE buildings hours expended, especially on Saturdays, as well as a reduced cost (or free) for use of the gym equipment as well as. I see so much of the equipment getting very little use. It seems a shame to keep it away from those who would like to use it. I appreciate this initiative and hope that we can find a healthier future for this campus.
I really would like an employee basketball league. It is great exercise and a very effective way to socialize and make new friends. I would prefer men and women leagues being separate. Game times could be in the mornings or evenings. A great employee co-ed sports league would be softball; another activity I would be very interested in. Teams could perhaps be organized by departments. Thanks!
I think having a weight loss boot camp course with personal trainers would be beneficial.
I think T-fit had a great start.... many people on our team gave up because the increases came too quickly. I like the idea, but we need more gradual increases. If people don't eat 3 fruits/veggies a day, there is no way they can suddenly jump to eating 5 or 6 a day so abruptly.

I think that getting weight watchers meetings on campus at noon say for students and faculty would be great. Use student fees to reduce student cost per meeting. Use university \$\$ to reduce faculty/staff cost per meeting. WW is a great maybe best weight loss program, been around since 1960s. Contact ww to find out aboutt programs.
I think that tennis and volleyball would be so fun!
I would be much more likely to exercise on my own if we were given passes to the gym on campus.
I would enjoy backpacking trips and group aerobics classes
I would especially be interested in the martial arts training.
I would like the exercise equipment to be available for a period at night for faculty and staff only. I can't participate during the day because of our crazy working schedule.
I would like to have some crossfit classes included
I would love to participate in a lot of these activities, but the majority seem to be geared around people who are athletic or are already physically fit. I need help in getting physically fit so I can feel comfortable in participating in the majority of these activities.
I would love to see some programs on campus. Please have the dates and times readily available and update the website often.
I would really like it if Faculty and Staff had free access to the PE building equipment.
I would suggest a discounted or benefit to the faculty and staff to use the gym, pool, and other exercrise facilities. It seems expensive \$60 a semester for the gym and additional costs for use of facilities. I feel I would be more motivated to diversity my wellness workout and maybe even participate more if the facilities were more accessible financially.
I wouldl ike to be involved in the yoga classes currently offered, but the times just haven't been convenient for my schedule so far. I know it's hard to schedule these things to accommodate everyone. It's good they're being offered at all. It would be nice to have a taichi class offered. Also, karate, not the MMA.
I've played on our softball team, but I didn't see that on the list. I hope it contineus as it's been highly enjoyable.
If employees offer proof that they're already doing things for their health, there should be some kind of reward... even if those things are outside of the T-fit program. (Gym memberships, running races, seeing a nutritionist, etc.)
If you could beat the prices of Gold's Gym where I go now, I would like to exercise here at school. Because of my schedule this would have to be possible early in the morning (no later than 6:00).
Including my spouse in doing these activities would increase the liklihood that I would participate. I'd like to have access to cardio equipment without it being the students' workout room. That's too intimidating.
Indoor and/or outdoor co-ed soccer leagues for faculty and staff might be fun. I suspect more faculty and staff might be willing to use the weight room facilities at SUU if there was a special faculty/staff time scheduled in once or twice a week.
Keep the YOGA
Lots of good ideas. I'm sure it is hard to please everyone.
Maybe healthy but tasty recipes e-mailed out once a week and smoking cessation clinics for those who can't seem to quit but want to.
Mental health is very important. Anything with counseling, coaching, workshops would be great.
Most of these things sound great it is just finding the time to do them. After working a full day, and driving 20 minutes to get home & taking care of my children the day is over.
My involvement with the competition has left me wary of any T-Fit program. 1. The first presentation

was unprofessional. Presenters did not even introduce themselves or give any information that deemed an hour of my time. 2. I thought I was signing up for a three month competition and I feel locked in now without an end and increased demands on my time. I already walk at least 7500/day, drink 64oz, and eat 5-6 servings - I'm tired of counting and the rules seem to keep changing.
One of our current benefits is time release for three hours a week to use for classes. If I am not currently using this benefit I would like to be able to use the three hours per week to exercise at one of the facilities on campus.
Provide cheaper/free access to all campus fitness opportunities. Offer more sessions at more convenient times. Encourage faculty/staff to work out during lunch or through flex time.
Psychotherapy support groups
Reduce cost for facilities use and consider granting retirees reduced cost access
slow pitch softball league
So far I feel like the only choices we have had are predominantly activities for woman (yoga, zumba)... I know men can attend this, but come on... Thank you for considering some men activities.
Some of these activities are great, but I would need assurance of instruction for some of them! Another thing that would be of great benefit to me is being able to include family in these activities. I am a single mom of a teen, so it isn't practical to always ditch her to do these types of things, and frankly, it would benefit her, too (and SUU, since she is on the insurance as well). At my former University, faculty had free access to most of the gym for free, classes like yoga were very very cheap (something like \$30 for the whole year or semester- can't remember- of as many classes as we wanted), and children were free (as long as they were with the parent up to age 14; after that, they could go on their own), so she could exercise with me. It made a big difference in how often I could participate and on our family's consistency in exercising.
Some of what was listed I did not know what it was (like Zumba) So I put (I would not consider it)
staff/faculty discounts for PE and other facilities
support groups
Table tennis
Table tennis
thanks
The Arthritis swim class is a good alternative for those who cannot participate in more active sports.
The best program would be a free, full access pass to all fitness facilities or create a weight room for the faculty and staff so to not take away from student access. Make it a taxable benefit just like athletic and theater tickets. Why can we give free athletic tickets to faculty (for us to sit and WATCH) but not access to fitness facilities so we can get fit. The argument that we can't compete with Gold's Gym and others doesn't fly. SUU can do whatever it needs to do to help its faculty.
The main thing for me is cost. I give most things a shot that are free. If I have to pay the less likely I am to engage in the activity. For example I would love snowshoeing, but unless we get a discount on the snowshoes from outdoor rec, I probably won't go.
These activities may sound fun to those who like outdoor adventure. But they don't take into consideration people who aren't physically capable or able to do these activities, or the person who doesn't like outdoor adventure. I am very physically active, but am not about to go swimming, biking, or hiking with my colleagues, I like to do things on my own. Is your program taking into account what people do on their own, not just campus classes or activities?
Time given during work hours, perhaps 3 hours a week to do approved exercise in PE building.
Time given to those during work hours that aren't using that time for classes.
time off from work to use pool -like faculty do; or lunch time h2O exercise.

use the three hours a week for fitness instead of the three hours you let us go to class
Waive the weight room, pool, courts, and other PE building facility fees for all employees that are part of the self-funded insurance program.
water aerobics class during lunch hour gym use during lunch hour
Weight Watchers! I would like to go to Weight Watchers. That would meet my need. There are probably many other faculty members who would be happy to see a weight watchers meeting on campus. Is that a possibility? Could we somehow defer the cost of employees to attend weight watchers? It would pay off in the end, as it has for me. My medical concerns vanished when I lost weight. Losing weight is about much more than exercising, although that is an important part. I think you will get a lot of participation if you can find some way to offer weight watchers for faculty and staff members. Please do it.
While I understand the financial reasons behind these efforts, they have a very positive effect on morale. Keep it up. Being closer to retirement age, I strongly hope that retired faculty be included in the wellness activities. The longer we live, the longer we can support the T-birds!
Wow, lots of wonderful choices! However, I am quite healthy and happy with my exercise and nutritional choices. Thanks.
You didn't mention WALKING INDOORS -- I'm already involved in this activity. Is WALKING (USING CARDO EQUIPMENT THE SAME AS THE TRED-MILL? When I use to go to the Fitness Center, as many as 2-3 of the Tred-Mills would be shut-off and in need of repair on any given day. Also, it would be great if STAFF could get into the FITNESS CENTER without having to pay a \$20 + a month fee. There are two or three machines that I would like to work out on (not the tred-mill, nor the big weights) to firm, reduce and stretch. If we can not get into the Fitness Center for free, Is it possible for the STAFF to have their own equipment. My experience is that students resent staff making use of the Fitness Center. I have been walking on the 3rd floor track in the PE building for the past year -- there is one VERY used Universal Gym and another one that is used for legs (?). Prior to a year ago, I made use of the Fitness Center in the PE Building and prior to that, when it was located where ACDC and OutDoor Rec is located now in the Student Center. One other item. During the Christmas Break the PE Building (hence access to the 3rd floor track) was only open from 6 a.m. to 12 noon. IS THERE ANY WAY POSSIBLE FOR IT TO STAY OPEN DURING LONG BREAKES? I can see missing a Monday or a Friday once in awhile but that Christmas Break was way too long. An no, working out at 6 a.m. or getting to the PE building before Noon isn't possible. SO, PE access and some fitness equipment for STAFF (use of the current Fitness Center or our own somewhere else) WOULD BE GREAT. Thanks. P.S. WHAT IS PICKLEBALL?????
Zoomba or other classes offered after 5:00 PM please

Open-ended responses to program format questions.

A brief summary:

There is a preference for time in which the gym is set aside for use by faculty and staff and not for use by students. In a similar vein, people are dissatisfied with closing the PE facilities over break. Also there is some enthusiasm for personal trainers, and some negative feelings about having to pay for PE facilities.

"The prospect of receiving a discount on medical services would motivate me to participate in T-fit programs." If by "discount" you mean my rates would stay the same if I participate in t-fit programs and my rate would go up if I do not participate in t-fit programs, then I think a lot of people will not be happy with the "discount".
A discount if we have a gym membership and use it regularly or a negotiated discount at local gyms for university employees. Many use a facility other than the university's because they offer more flexible hours of operations. I would also suggest offering a Weight Watchers at Work program - available through the local Weight Watchers office, but they come to campus for convenience and the university can negotiate a reduced group rate.
A personal trainer would be great!!
Access is important to me, both in price & convenience and I think SUU has the opportunity to provide both. I would love to have my wellness benefits include my whole family. I really like the idea of personally paying for my usage, but then receiving a reimbursement when the goal is obtained.
Again, competition may help some people, but your program is not taking into account the person who is self motivated and already involved in a fitness program. I should be allowed to continue on my own program, and not forced to join a biggest loser type competition, or a campus walking program to get the benefits. I should get credit for doing my own thing, on my own time.
allow use of equipment during work hours such as 1 hour per day three days a week
As a faculty member I would use more of the SUU facilities if there were not fees each semester. I think I should have access to the campus pool and exercise facilities as part of my employment as should my family. I would pay a \$25.00 annual fee for the use of a locker however. I would pay a fee for my family if it were resonable. For example, \$15.00 a semester or \$30.00 annually for non-student family members. If family are students then no fees would be necessary.
being new to such activities as weightlifting, a personal trainer would be an early blessing
exercise programs for couples
Getting health benefits would be nice to have period.
Glad to see you are thinking along these lines, but I'll put this in again incase you missed how important it is to me. Here is my #1 suggestion. Give Faculty and Staff totally free access to all the PE building facilities. If this university is truly going to make this program work, stop putting obstacles in the way of personal fitness and good health. I enjoy lifting weight and Cardio exercising. I do not do well with paid memberships such as is now the program at SUU for faculty and staff. If I pay and for some reason I miss, I feel like I am shorted. That negativity has driven me away from gyms in the past and I don't join any now because of that. At grad school I was in the best shape of my life, and I attribute that to a free use policy that allowed me to exercise without restriction of any kind. Like I said, if you really want faculty and staff to be as healthy as possible, remove the barriers that are now preventing that. Make the PE building totally free for us, in particular the weights and cardio! Now, if you can do that, and you are covering our families under your health plan, you might also want to allow for their free access as well. Look at it this way, by making us pay for PE facilities use, you drive down the number of covered policy holders that actively exercise and you know better than I, that in turn drives up cost of coverage due to unfit policy holders.
I already belong to SNAP fitness but add'l activities on campus are great.
I already maintain a strong exercise program and so my disagreements are not based on the value of the ideas but because I do not need motivational support.
I feel that T-Fit challenge is too focused on the group...i like that I am part of the group, but I think it would be nice if there was a reward for those who have the highest points in the team, even if there are multiple. This would be similar to biggest loser how, the person with the highest percentage has immunity. It just feels like if my whole team doesn't do great, my efforts, don't feel as worth it. It is still

beneficial to me to do. I think it would be nice if there was a reward for individuals on a team as well.
I often think I would like to use the SUU facilities, but do not want to be down there working out with my students.... just sort of a professional 'distance' I'd like to maintain. I pay for use of exercise facilities elsewhere in town because of that. While likely not feasible, faculty/staff hours would appeal to me, especially on a Saturday.
I think easy access is also an issue - PE building needs to have longer, more consistent hours, particularly during breaks, employees need to be encouraged to take time during the work day.
I think having others around as a support group always helps. The problem is usually I end up only having one or two people I work out with, when one of us stops coming it kills the group which when I am ready to return to work out I have to form a new group. It would be great to have an established group with several people that way if someone stops coming it isn't such a let down. And when that person comes back there is a group ready to except him/her back in to the routine.
I will exercise because I like to. I would participate in one or more programs as my time allows.
I would also use the campus fitness facility if it was open when campus was closed and if it opened on time. I found that many mornings the student employees were late which made it challenging to get to work. I love the idea of being able to work with a personal trainer to get started with a proper fitness program.
I would be more inclined to participate in a program that allowed me to exercise in private rather than with a group.
I would be more likely to participate if it was split into 2 sessions. Have one session for Fall semester, and another for Spring, instead of having one long 9 month session. It's more convenient, and you would likely get more people to do it, if it didn't seem so daunting, and long.
I would be more likely to use SUU's gym and equipment if I could do so without running into students. If possible, having a place for faculty only would really encourage me to use the equipment more.
I would LOVE to take a Zumba class if it were offered after the work day, rather than at 6:00 a.m. I have spoken with several others who would also like this option.
I would participate in campus exercise if more than one time was available.
I would prefer it if participation in a campus fitness program could include work in of campus gyms.
I would use SUU's gym if it had more available hours. Sometimes it has too many people in there @ the times I can go. Also, they close too often when the students are out of school. I prefer not to take a week or to off because it is too hard to get started in a routine again. It would be nice if there were activities for the entire family to do together. Free access to SUU gym or a discount at other gyms would be great (ie. Parowan Gym on Main).
I would use the University's equipment, resources, etc. if I lived in Cedar
I'm most interested in university classes/facilities that are available to staff/faculty only. I'd prefer not to exercise with students.
If access to equipment was granted on weekends (including Sunday), my family and I would be more prone to use them.
Increased weekend hours for the PE building would make it easier for me to exercise.
It would be more convenient if the exercise equipment was available at certain time for only faculty and staff. I have such a crazy work schedule that I can only participate at night after 7:00 p.m.
It would be nice to see some of these offered to Adjunct Faculty as well.
Lots of good ideas here. A campus wellness program is long overdue.
My decision to participate would be based on how well I could manage my time with family (two very young children). I do not advocate a health care program that in any way offers medical discounts to those who participate more. Some of us cannot participate very much in extracurricular activities of this sort because of multiple obligations outside of the work place. However, this does not mean that

we are do not take measures to be fit. e.g., we might go on walks/hikes with family after work/school instead of going to the gym.
No fees
Part of the above answers that make it difficult to participate and get involved are the lack of hours the PE building is open. Especially during the holidays! My husband & I wanted to play racquetball or basketball over the holidays and every time we attempted to play, the building was closed! And this was at 2:00 in the afternoon. Snow College keeps better hours than that! We again tried to play at 5:00 pm on Friday, January 14 and again. . . .CLOSED! This is why we don't get a semester pass. The hours are very unaccommodating to faculty & staff.
PE building hours make it difficult to use their facilities. Keeping longer hours open like the computer labs and library hours would help people who want to exercise at various hours of the day.
Personal training and having people who are knowledgeable about fitness would almost insure my participation and greatly increase the chances of my success towards my goals.
Please keep in mind some of us are INTRINSICALLY motivated, and team competitions, biggest loser, mandated fitness with friends, etc. turns us off. Those who designed current TFit are clearly team motivated. Others, like myself like to work out on their own, to get away from it all, and burn stress and fat away from co-workers watching. Intrinsically motivated. Make sure your programs appeal to both.
Softball league
Some government agencies (BLM, I think) offer bonuses (\$\$) to employees who demonstrate/document participation in physical activities at certain levels/for certain durations. The idea is to give back some to those who pay for health insurance, yet never use it because they work to remain healthy.
SUU is distant. Allow activities away from campus to count toward any t-fit program
Thank you for finally asking about using exercise equipment as part of benefits. That is what other universities do. SUU can do it also. Just don't put up any barriers to using the equipment such as "having to be on a team, having to set goals" etc. Just strongly encourage use and let people make the right decisions.
Thanks for looking into this as a possibility for us. I think it would make a big difference.
The current program needs to be streamlined and easier to track what is required.
The first question implies that I would have to be "enrolled" in an official "T-Fit" program to get discounts on my medical services. I should be able to receive discounts on medical services because I have my own daily routine.... and how exactly does that discount work? AND JUST WHAT IS THE 'SELF-FUNDED STATUS' Pres. Benson mentioned? I was working and not able to get to the "Opening Address."
The main thing that will motivate me (and has in the past) to get involved will be the nature of the program and the class timesâ€”not really any of the above things mentioned.
time during day to attend
time during day to exercise.
Time is a big factor in what I participate in.
Weight watcher is an ideal program. Try to offer it.