

# Wellness Walk

## Q12 What SINGLE thing would you recommend to improve the impact of your experience?

Answered: 69 Skipped: 0

#	Responses	Date
1	That the weekly events had continued.	5/20/2014 10:40 AM
2	moral support	5/14/2014 10:41 PM
3	More PR	5/13/2014 4:33 PM
4	Making time for exercise.	5/13/2014 9:20 AM
5	can't think of anything- it was very well conducted-maybe more publicity to get more people out	5/13/2014 12:31 AM
6	Continue the program year around	5/12/2014 1:16 PM
7	get some walking exercise in the rural area like flemington fl	5/12/2014 12:44 PM
8	Ideas for packing a 30 minute lunch time.	5/12/2014 10:37 AM
9	I think that everything was wonderful.	5/12/2014 8:51 AM
10	Targeting a higher numbers of obese people in Alachua County to participate in this program.	5/12/2014 8:37 AM
11	I wish you could maintain weekly wellness walks at the college. I can bring my own water but I can't bring a bunch of nice, interesting people.	5/12/2014 6:50 AM
12	Continuing the program	5/12/2014 3:36 AM
13	Better Weather	5/12/2014 2:46 AM
14	The people running the show, might want to empathize better and have more compassion.	5/11/2014 9:28 PM
15	Finding a friend to participate with me. Still working on that as I am a new resident in the area.	5/11/2014 8:54 PM
16	MORE	5/11/2014 8:34 PM
17	A little later in the year when weather is a little warmer	5/8/2014 4:48 PM
18	Starting a month later in year. Some Saturday momings temperatures very cold	5/7/2014 4:11 PM
19	Please continue weekly Sat. walk, Santa Fe was very convenient.	5/7/2014 10:54 AM
20	Sorry I don't have a suggestion, I thought they were great.	5/6/2014 2:27 PM
21	Nothing. It was great!	5/6/2014 9:43 AM
22	Better quality pedometers for participants.	5/6/2014 7:21 AM
23	Email poster announcement to faculty and staff. Larger poster displayed at school. Prize incentives (water bottle, t-shirt, key chain).	5/6/2014 6:21 AM
24	No one item to single out. I enjoyed the walks. Would like to have had more to attend. It was a little cold and rainy. I would have liked to continue the walks as the weather got nicer.	5/5/2014 6:28 PM
25	None. I've already started walking more than before.	5/5/2014 4:18 PM
26	Can't think of anything!	5/5/2014 3:46 PM
27	more walks	5/5/2014 3:06 PM
28	Begin after cold weather	5/5/2014 11:20 AM
29	I have no comments.	5/5/2014 10:37 AM
30	NOTHING KEEP IT GOING EVERY 3 MONTHYS	5/5/2014 10:04 AM
31	.	5/5/2014 9:09 AM

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32	A louder PA system.	5/5/2014 4:22 AM
33	The PA system seemed to have deteriorated. I thought I could hear it the first day or two, maybe it was just my impression. I felt as though there was information that I could not hear	5/5/2014 3:36 AM
34	It was a great program with lots of input, encouragement and enthusiasm. Prefer varied walking program to avoid boredom and track difficult to not get bored, but I am an established walker.	5/4/2014 10:23 PM
35	The only drawback for me was that I wasn't able to attend more of the sessions. They were well-planned and I enjoyed the ones I was able to attend. Hopefully, by having all of the interesting things going on during the walks more people will continue to walk on their own. I already walk 2-2 1/2 miles per day so it was just a way to have a longer walk to vary what I was already doing. I hope you will do this again.	5/4/2014 9:11 PM
36	Do it regularly.	5/4/2014 8:56 PM
37	I thought it was great. I cannot imagine how to improve it.	5/4/2014 2:38 PM
38	Awareness. I only knew about the one event.	5/4/2014 9:01 AM
39	Continue the walks - make them ongoing	5/4/2014 8:34 AM
40	including additional times to walk ( before or after work hours)	5/3/2014 11:42 PM
41	continuing the program	5/3/2014 6:39 PM
42	Better walking music and speaker system	5/3/2014 3:02 PM
43	Well, weather was an issue. Maybe if we did this again, during the fall season, we would not have to fight rains and cold....it was hard to build momentum when folks stayed home due to weather.	5/3/2014 11:17 AM
44	Better weather	5/3/2014 11:08 AM
45	I can't think of any improvement.	5/3/2014 11:03 AM
46	Hold event at different venues each week to encompass the entire city.	5/3/2014 11:02 AM
47	.	5/3/2014 10:43 AM
48	Provide this venue more often throughout the year.	5/3/2014 10:34 AM
49	Enjoyed the program as is. Maybe more info on joining a walking group to continue with program.	5/3/2014 10:05 AM
50	Music played would not be so loud....have problem with my ear.	5/3/2014 9:32 AM
51	expand it	5/3/2014 9:19 AM
52	consistent	5/3/2014 9:09 AM
53	Keep adding more friends!	5/3/2014 9:00 AM
54	Consider different time of day	5/3/2014 8:50 AM
55	find a way to make filling rh online log easier.	5/3/2014 7:30 AM
56	Start it an hour later	5/3/2014 7:22 AM
57	None	5/3/2014 7:17 AM
58	Nothing	5/3/2014 5:20 AM
59	Greater variety in walks, such as choosing different neighborhood or forest walks rather than a track.	5/3/2014 12:01 AM
60	Weekends are a challenge; work requires me to travel often I prefer alternative forms of exercise	5/2/2014 11:46 PM
61	Sorry, I can't think of anything. It was an excellent program from my perspective. On my own I would not have walked three miles on those Sat. mornings. It increased my stamina and motivated me to walk more during my day both at work and home. My daily goal is 10,000 steps, and though I don't always achieve that, I do more and more frequently reach 10,000.	5/2/2014 11:27 PM
62	Have someone handing out bottles of water as you are walking. You get thirsty after a couple of rounds and do not want to stop for water.	5/2/2014 10:35 PM
63	Nothing, love the walks. Saturday schedules kept me from being there more.	5/2/2014 10:20 PM
64	keep on doing it with the big group	5/2/2014 9:59 PM

## Wellness Walk

65	Cut out the loud music "noise".	5/2/2014 9:52 PM
66	Makes you feel great!	5/2/2014 9:47 PM
67	Do it all year. More family oriented activities	5/2/2014 9:44 PM
68	Better communication in the media, so that more people might have been aware of the walks.	5/2/2014 2:54 PM
69	More neighborhood or community group walking opportunities.	5/2/2014 2:13 PM