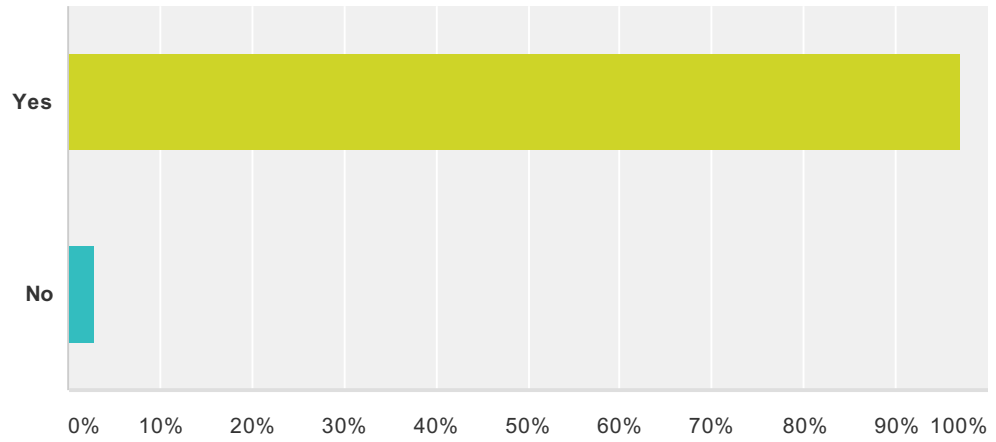


Q1 Did you benefit from participation?

Answered: 69 Skipped: 0

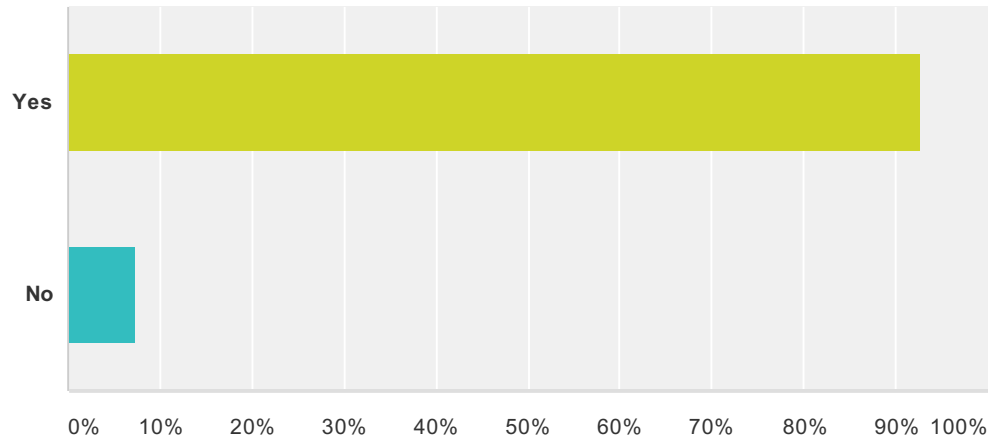


Answer Choices	Responses
Yes	97.10% 67
No	2.90% 2
Total	69

Wellness Walk

Q2 Would you participate if we had more walks?

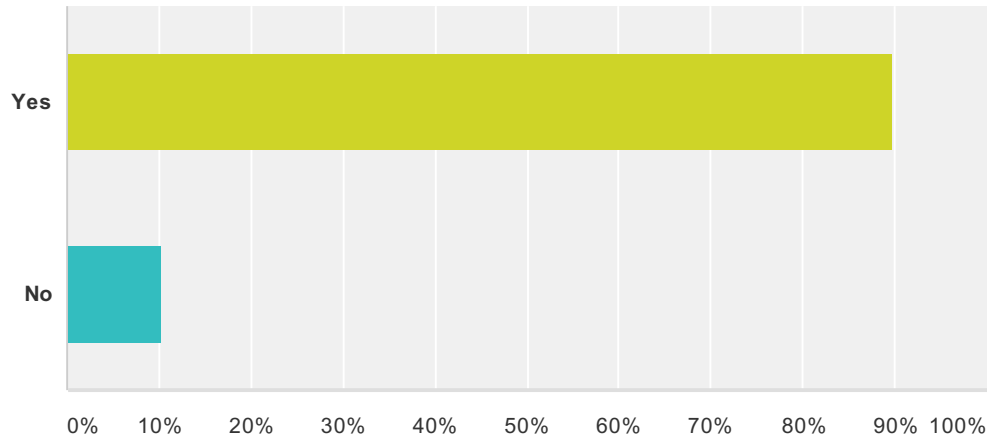
Answered: 69 Skipped: 0



Answer Choices	Responses	
Yes	92.75%	64
No	7.25%	5
Total		69

Q3 Are you still walking?

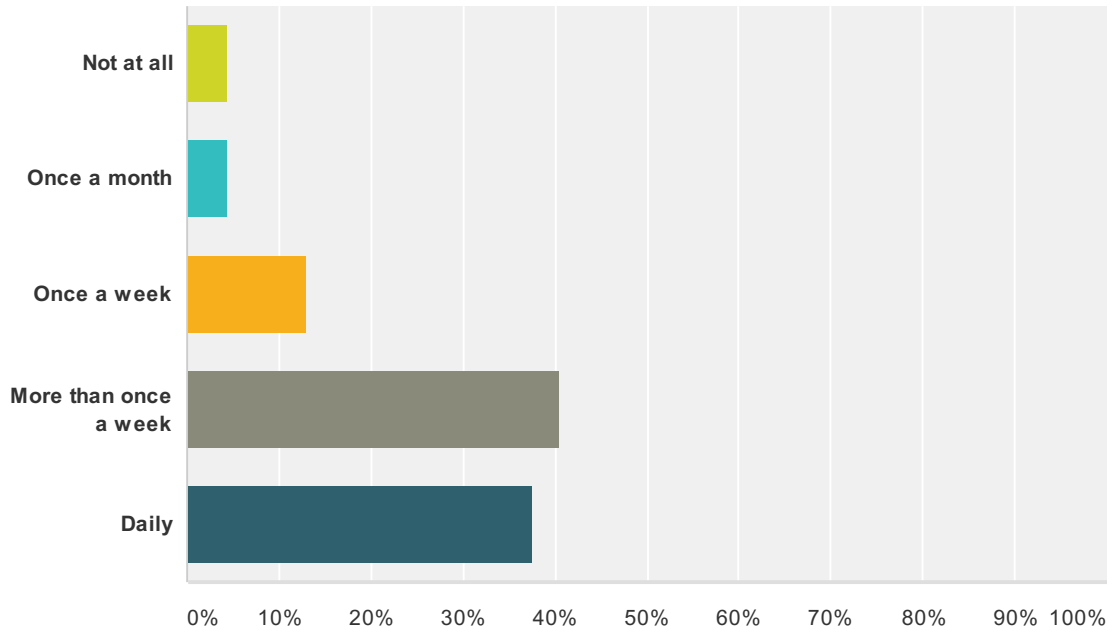
Answered: 69 Skipped: 0



Answer Choices	Responses	
Yes	89.86%	62
No	10.14%	7
Total		69

Q4 How often are you walking?

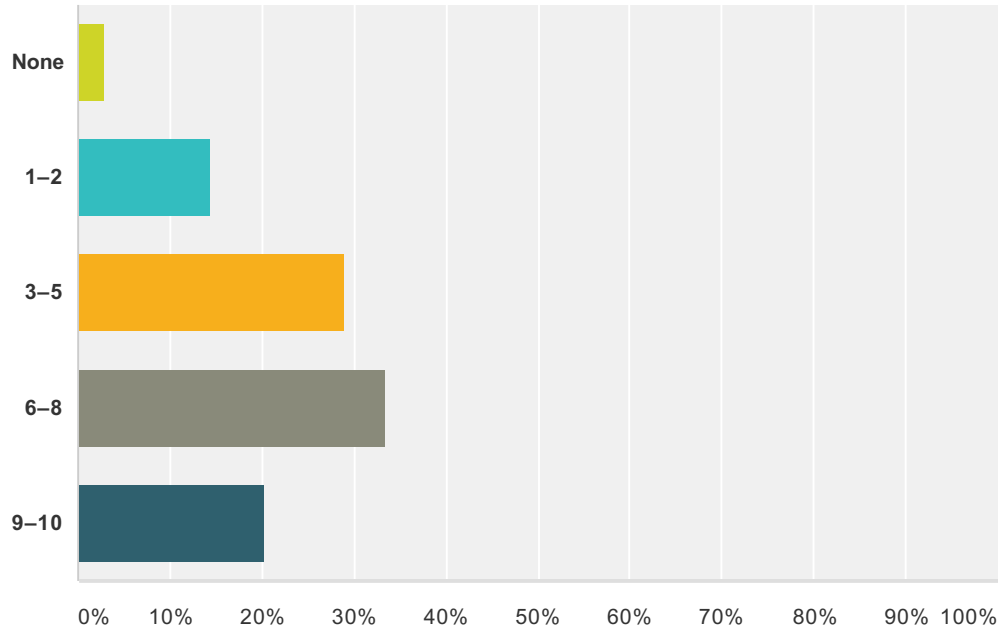
Answered: 69 Skipped: 0



Answer Choices	Responses
Not at all	4.35% 3
Once a month	4.35% 3
Once a week	13.04% 9
More than once a week	40.58% 28
Daily	37.68% 26
Total	69

Q5 How many Weekly Wellness Walks were you able to make?

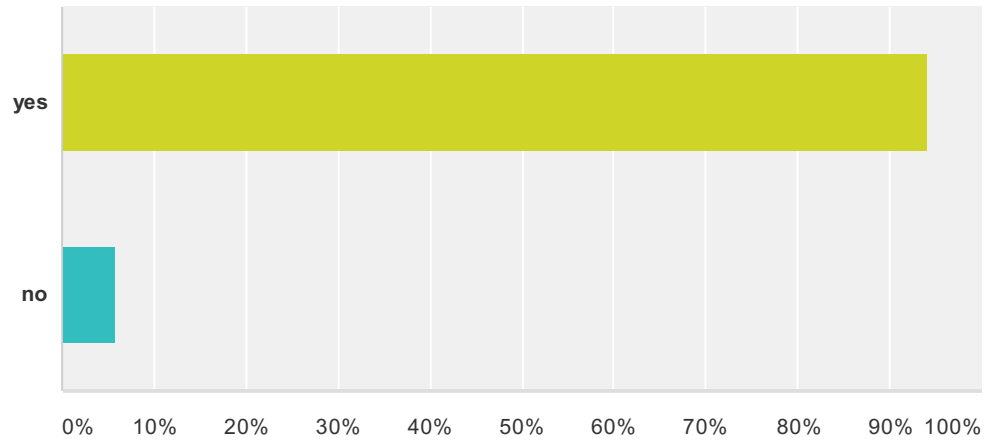
Answered: 69 Skipped: 0



Answer Choices	Responses	Count
None	2.90%	2
1-2	14.49%	10
3-5	28.99%	20
6-8	33.33%	23
9-10	20.29%	14
Total		69

Q6 Did you receive adequate communications & health information?

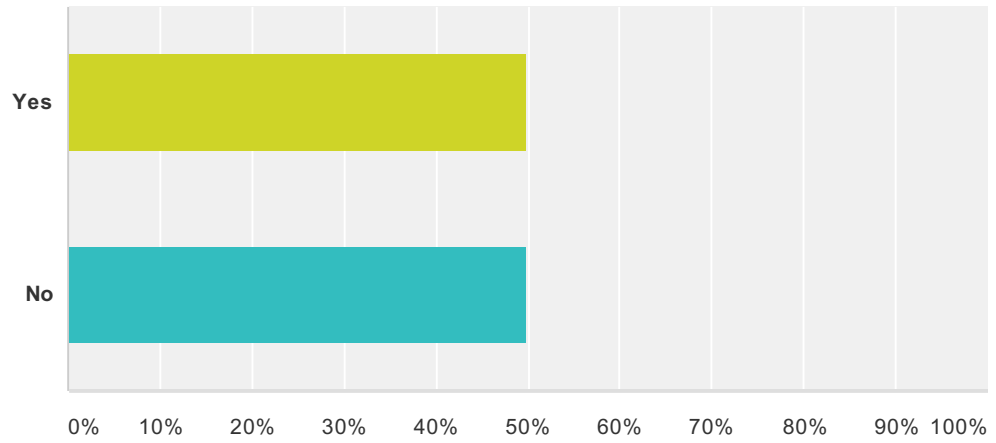
Answered: 68 Skipped: 1



Answer Choices	Responses	
yes	94.12%	64
no	5.88%	4
Total		68

Q7 Did you visit our website, www.walkgainesville.com?

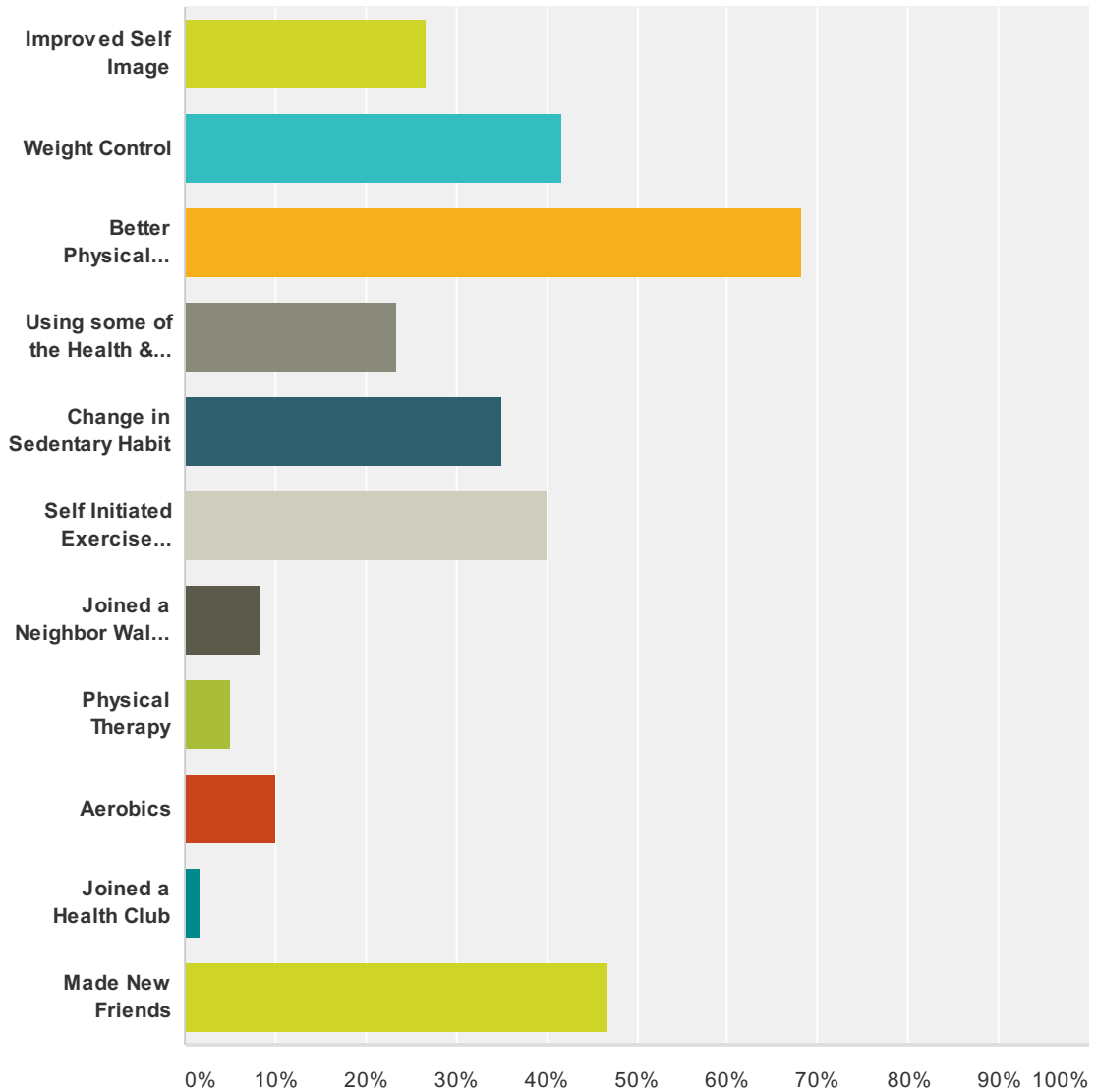
Answered: 66 Skipped: 3



Answer Choices	Responses	
Yes	50.00%	33
No	50.00%	33
Total		66

Q8 What benefits did you gain from participating?

Answered: 60 Skipped: 9



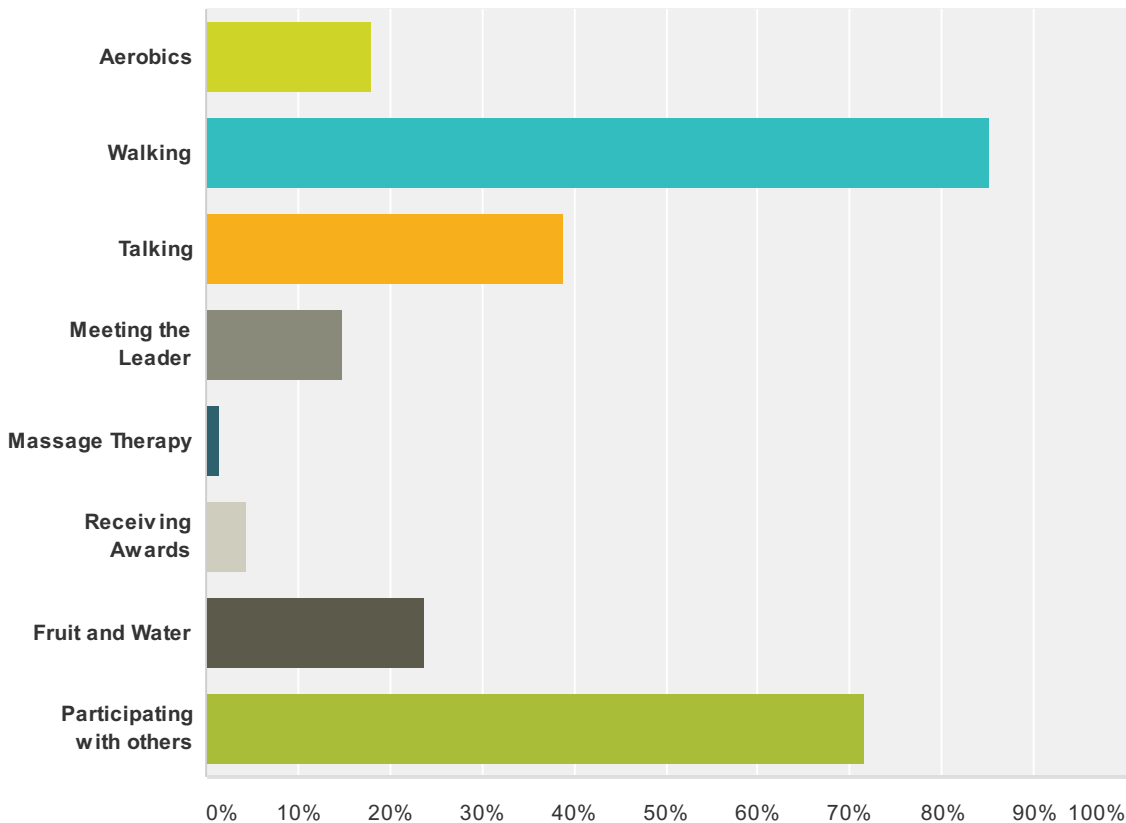
Answer Choices	Responses
Improved Self Image	26.67% 16
Weight Control	41.67% 25
Better Physical Condition	68.33% 41
Using some of the Health & Eating Tips	23.33% 14
Change in Sedentary Habit	35.00% 21
Self Initiated Exercise Program	40.00% 24
Joined a Neighbor Walk Group	8.33% 5
Physical Therapy	5.00% 3
Aerobics	10.00% 6

Wellness Walk

Joined a Health Club	1.67%	1
Made New Friends	46.67%	28
Total Respondents: 60		

Q9 What components of our activity were most important to you?

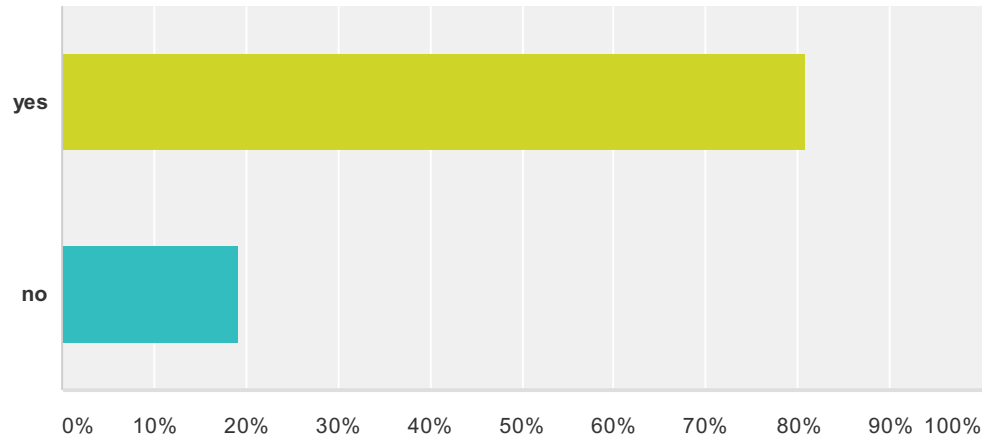
Answered: 67 Skipped: 2



Answer Choices	Responses	Count
Aerobics	17.91%	12
Walking	85.07%	57
Talking	38.81%	26
Meeting the Leader	14.93%	10
Massage Therapy	1.49%	1
Receiving Awards	4.48%	3
Fruit and Water	23.88%	16
Participating with others	71.64%	48
Total Respondents: 67		

Q10 Did you receive a pedometer?

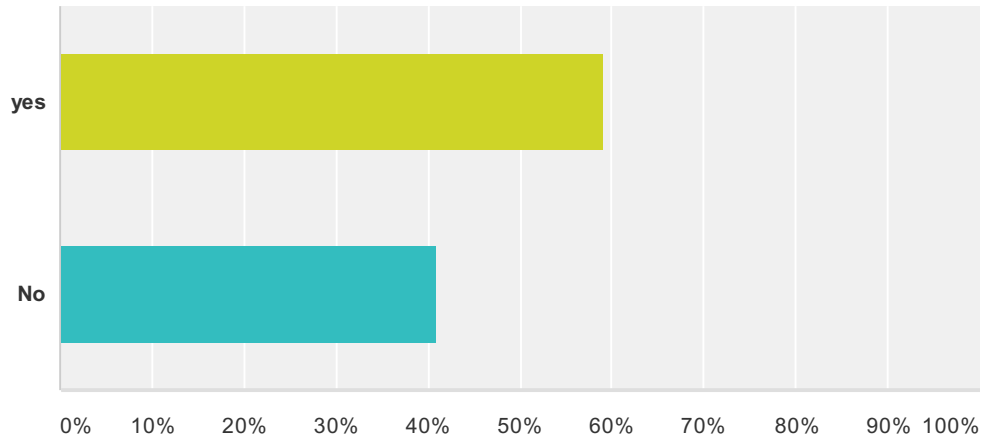
Answered: 68 Skipped: 1



Answer Choices	Responses	
yes	80.88%	55
no	19.12%	13
Total		68

Q11 Did you receive a log book?

Answered: 66 Skipped: 3



Answer Choices	Responses	
yes	59.09%	39
No	40.91%	27
Total		66

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

Answered: 69 Skipped: 0