

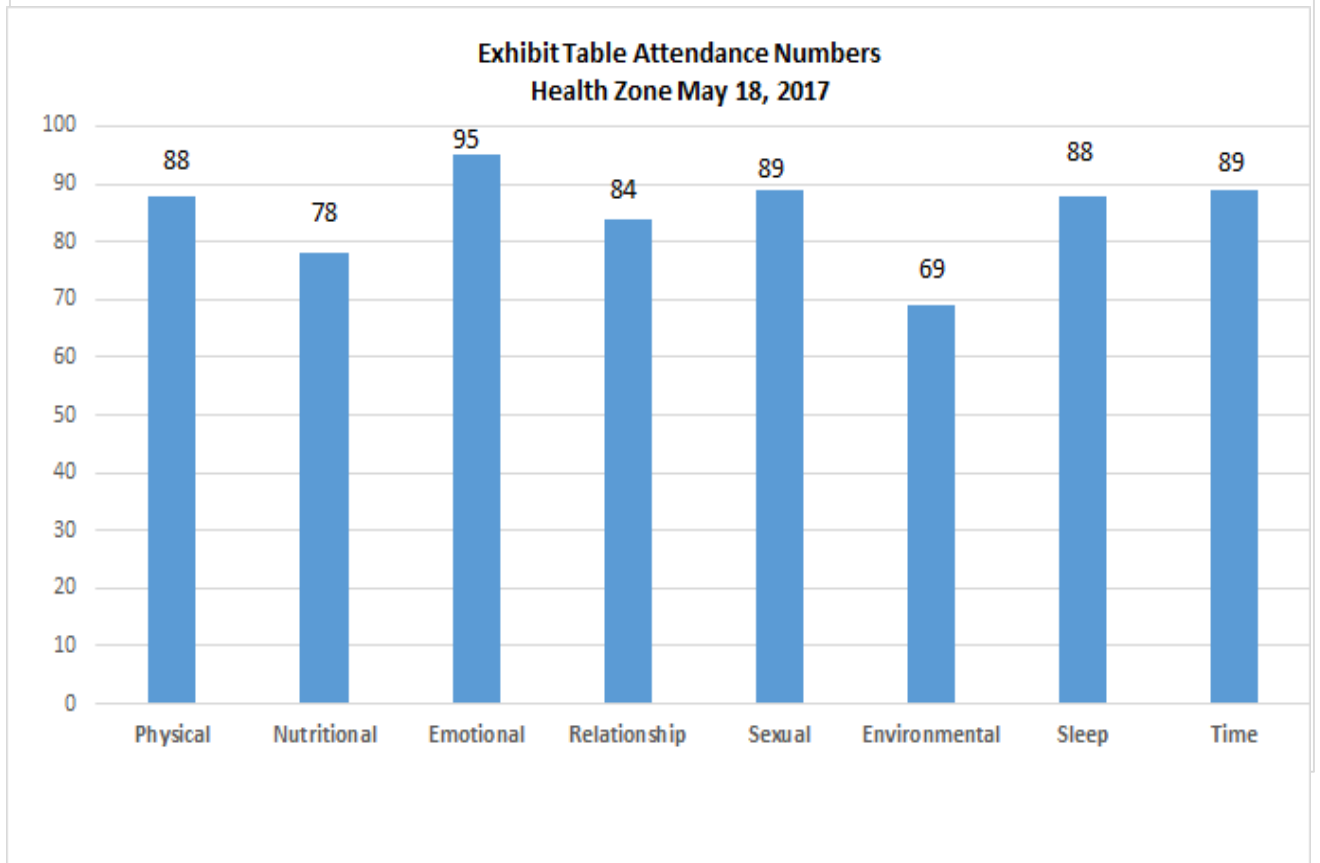


# Health Education & Wellness

## 2017 Health Zone Survey

### Results

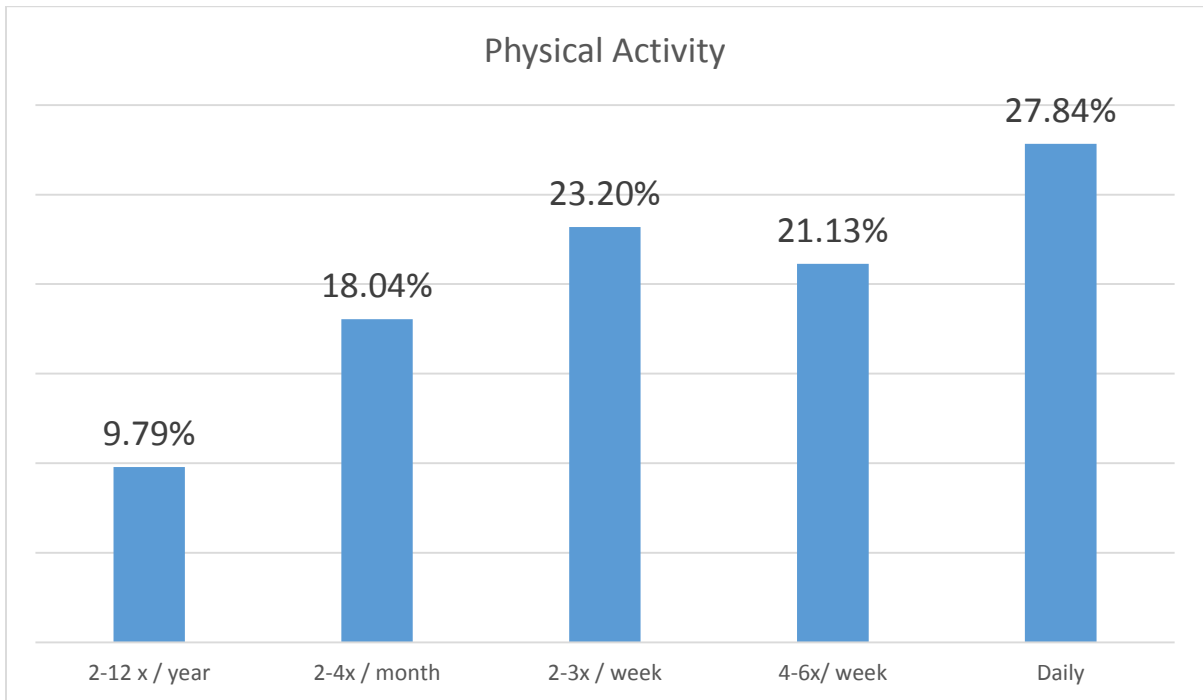
Exhibit Table Attendance numbers



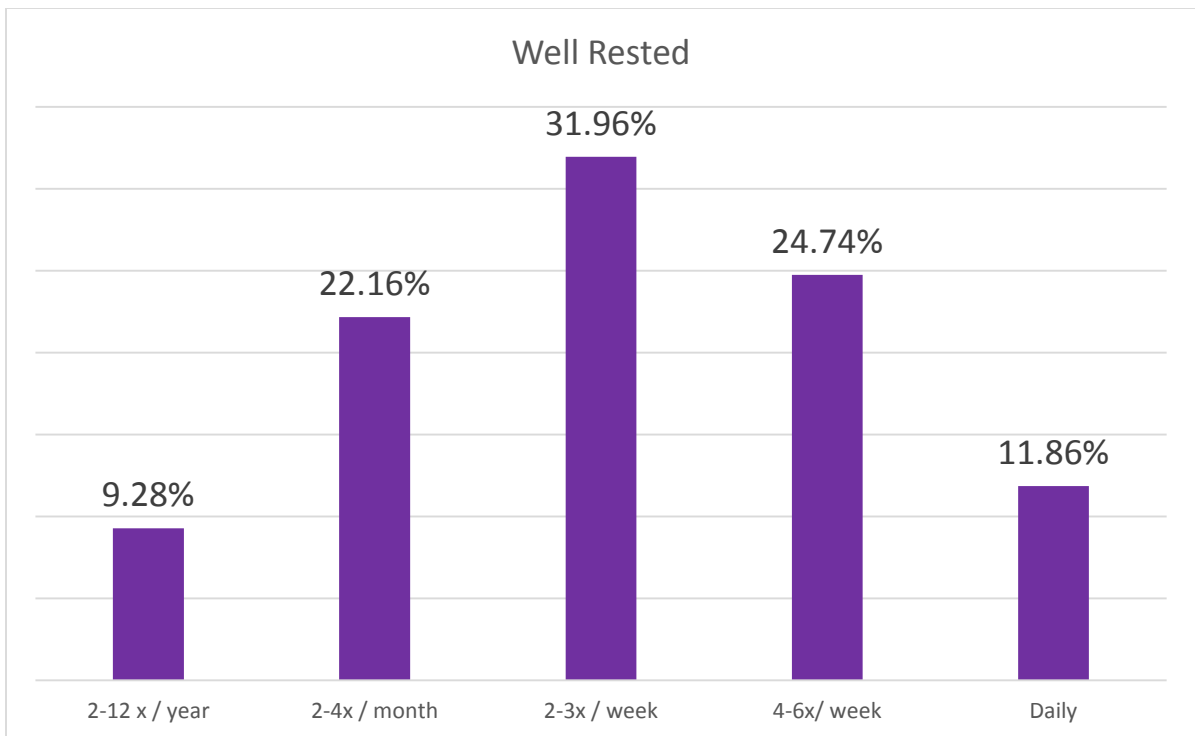
For questions # 1 through # 7 - refer to guideline below:

- 0 = Strongly disagree (once a year or less)
- 1 = Disagree (2 - 12 times / year)
- 2 = Mildly disagree (2 - 4 times / month)
- 3 = Mildly agree (2 - 3 times / week)
- 4 = Agree (4 - 6 times / week)
- 5 = Strongly agree (Daily)

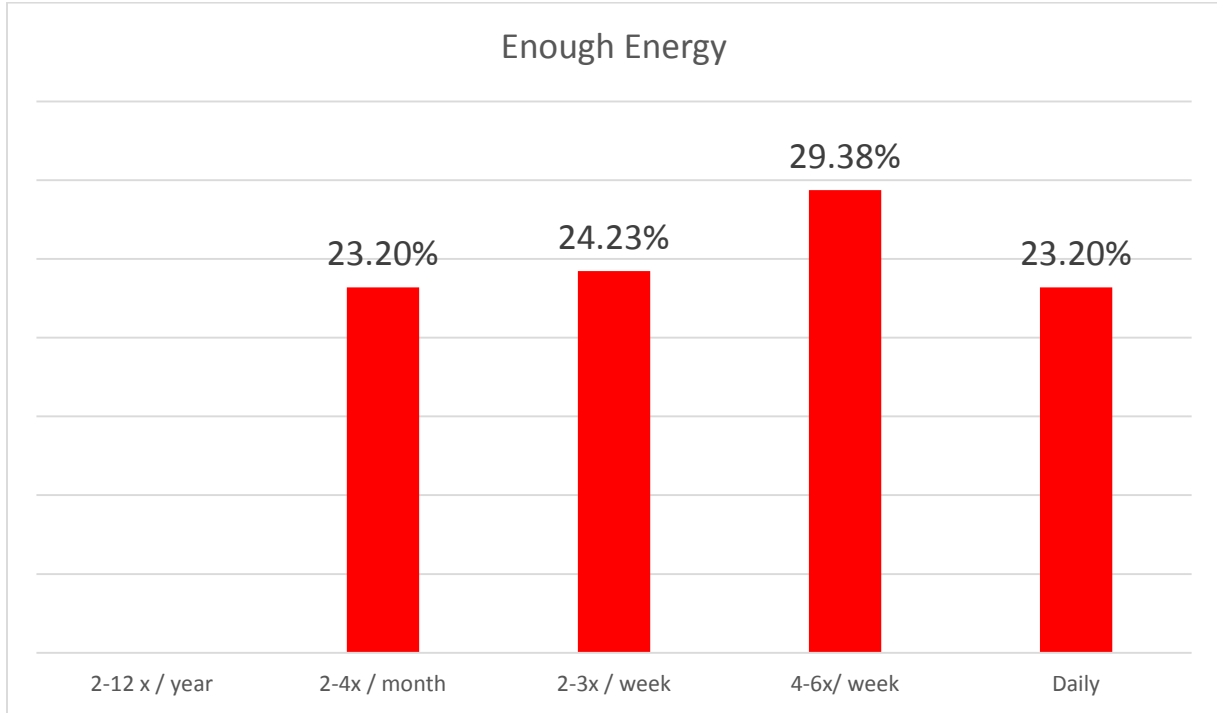
1. How often do you engage in regular physical workouts (Lasting at least 20 minutes)?



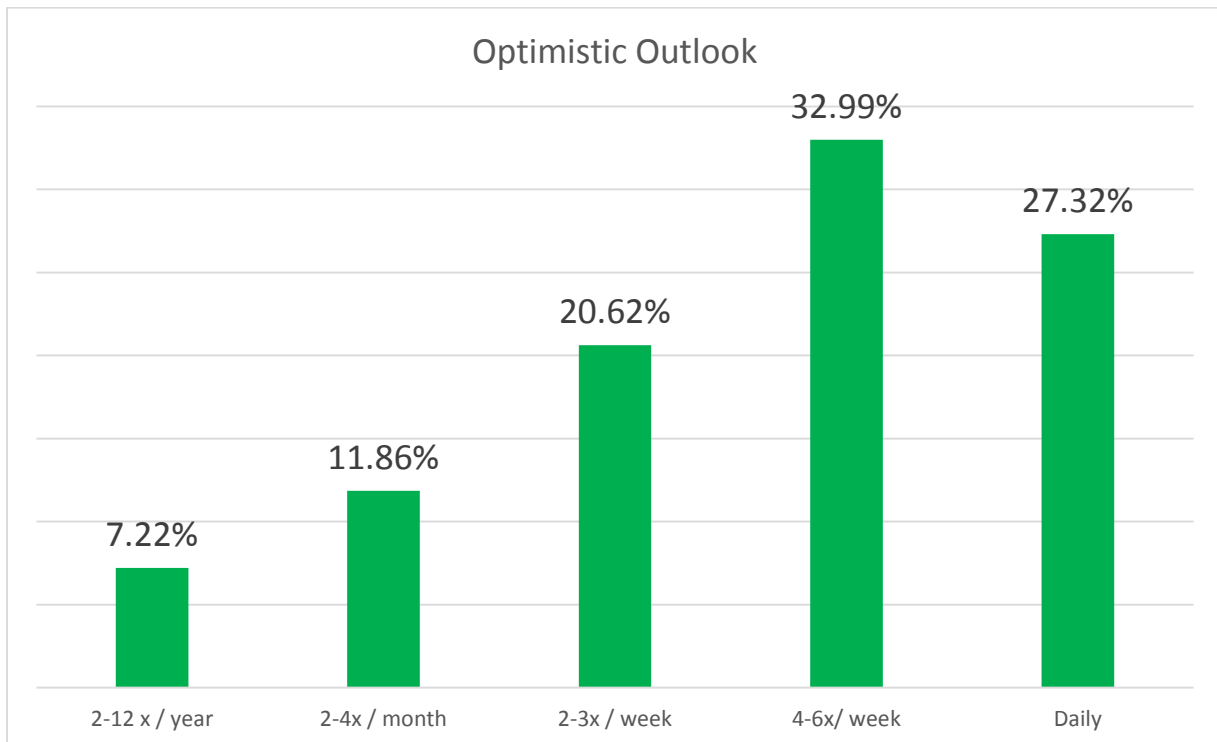
2. When I awake in the morning, I feel well-rested.



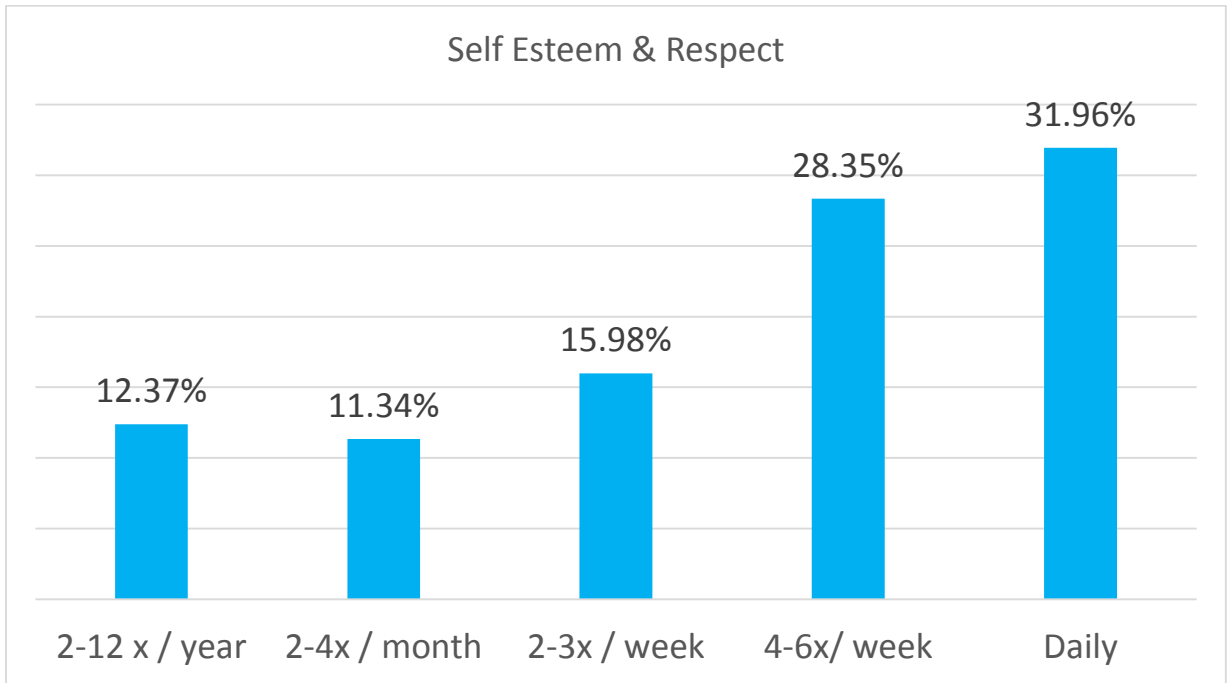
3. I have enough energy to meet all of my daily responsibilities.



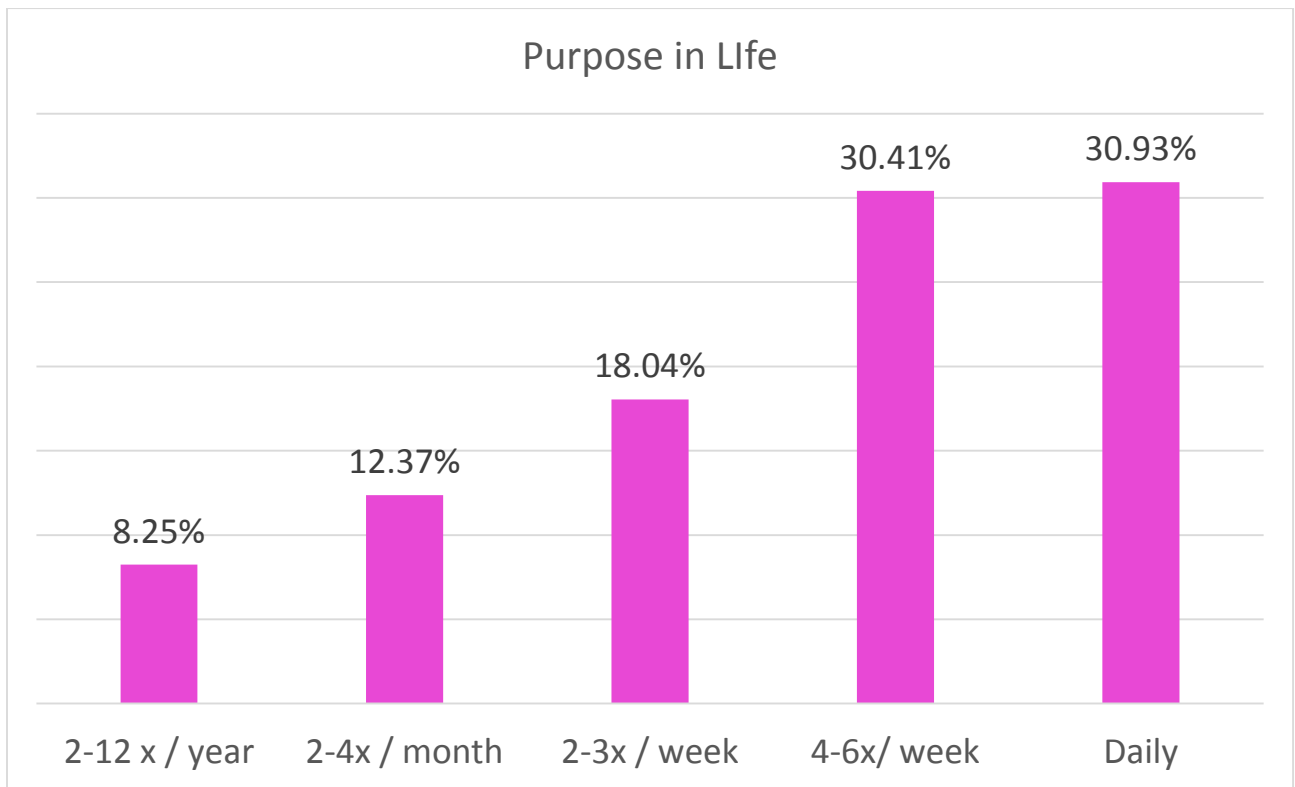
4. My outlook on life is basically optimistic.



5. I have a high level of self-esteem and self-respect.



6. I feel a strong sense of purpose in life.



7. I feel a sense of belonging to a group or community.

