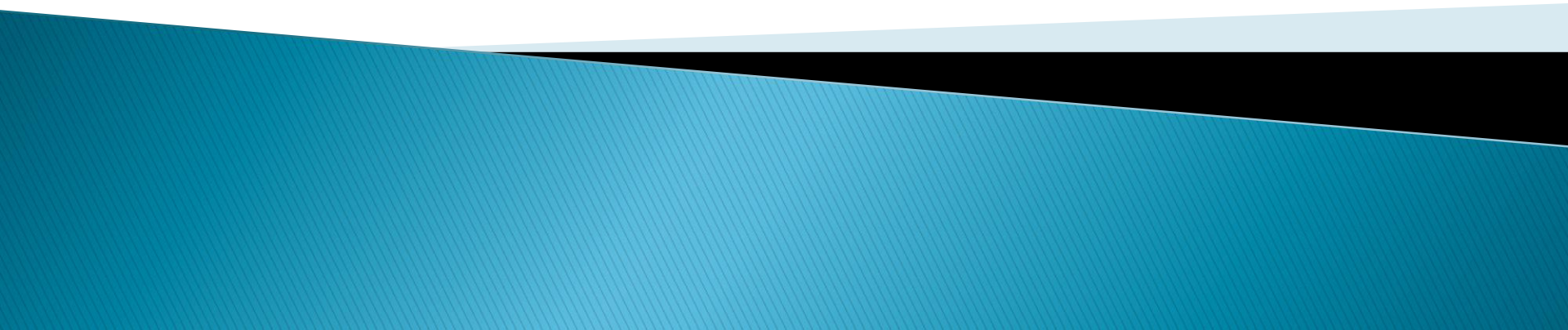


Health and Wellness Assessment

By Stefan Albright




Why did I do this?

- ▶ To understand an individual's current level of fitness
- ▶ See what way they want to improve their level of fitness
- ▶ Make program recommendations for the individuals



Assessment

- ▶ What is the best way to contact you?
 - ▶ What is your name?
 - ▶ On a scale of 1 to 10, how would you rate your current level of fitness?
 - ▶ What stops you from being at the level of fitness that you desire?
 - ▶ What kind of exercise are you doing?
 - ▶ How many minutes a week do you exercise?
 - ▶ Do you enjoy exercising?
 - ▶ Would you want to meet with a fitness professional?
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What is the best way to contact you?

- ▶ Half of the people preferred e-mail and other half preferred phone



On a scale of 1 to 10, how would you rate your current level of fitness?

- ▶ Half of the people rated their level of fitness a 7 and the other half a 10 out of 10
- ▶ Average would be 8.5/10



What stops you from being at the level of fitness that you desire?

- ▶ Both people said they have a lack of time to exercise



What kind of exercise are you doing?

- ▶ One person preferred only cardio and the other did a mix of cardio and resistance.



How many minutes a week do you exercise?

- ▶ One person said they exercise 300 minutes a week and the other said they exercise 7 days a week



Do you enjoy exercising?

- ▶ Both people do enjoy exercising regularly



Would you want to meet with a fitness professional?

- ▶ Everyone listed that they “maybe” would be interested in meeting with a fitness professional



Conclusion

- ▶ Most college students are in good shape and enjoy exercising
 - ▶ If they cant exercise it is due to a lack of time to workout
 - ▶ Both people would maybe be interested in meeting with a fitness professional to get program recommendations.
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