

Read the following information.

Workplace Fitness Survey

Your manager is surveying your opinion about activities for an upcoming workplace fitness day. She would like to know if the staff would prefer to go hiking in a local park or take an exercise class at a nearby gym. Your manager has asked you to complete an opinion survey.

Choose the option that you prefer. Why do you prefer your choice? Explain the reasons for your choice. Write about 150-200 words.

Option A: I would like to go hiking in a local park.

Option B: I would like to take an exercise class at a gym.

Sample Response

Hi Jill,

I would prefer to take an exercise class at the gym. I think this is a far better choice for a workplace fitness day than hiking in the park. There are two main reasons that I prefer the gym option.

The first reason that I would rather go to the gym is the fact that we would be taking a class. If I received some training as to how to use the machines, there is a stronger likelihood that I would continue attending this gym. Surely the goal of a workplace fitness day is to encourage employees to adopt a healthier lifestyle. I very much doubt a walk in the park would do as much to change people's habits, as they would not be learning any new fitness skills.

The second reason that I think the gym option is better is simply because it is the safer one, especially as we are heading into cold, rainy fall weather. It would be a shame to have our workplace fitness day cancelled at the last minute because of a sudden downpour or a drop in temperature. You know how sensitive to the weather some people in the office are.

Regards,

Lyle