

**BACK TO BASICS
AUGUST 2009
PROGRAM EVALUATION**

TOTAL PARTICIPANTS: 98
ONLINE REPORTING: 89, 78 compliant
ONLINE SURVEYS COMPLETED: 52

SURVEY RESPONSES

Did you comply with program requirements on at least 25 days during August?

98% YES 2% NO

Even though this program only required you to remember your back, some participants lost weight. If you lost weight during August, how much weight did you lose?

67 pounds reported lost by 20 participants

Have you become more responsible for your overall health habits and lifestyle during the past month as a result of your participation in Back To Basics?

85% YES 15% NO

Will you participate in the next program – Healthy Dinner Club?

100% YES 0% NO

STATEMENT: 1- Poor, 2-Fair, 3-Good, 4-Very Good, 5-Excellent

| | |
|--------------------|------|
| Emails | 3.96 |
| Recipes | 3.50 |
| Website & Tracking | 4.19 |
| Overall Program | 4.15 |

PERSONAL BEHAVIOR BEFORE PROGRAM

| | |
|------------------------------|------|
| Lifting objects properly | 3.26 |
| Sitting correctly | 3.08 |
| Back exercises and stretches | 3.08 |
| Productivity work/home | 3.54 |
| Overall well-being | 3.63 |

PERSONAL BEHAVIOR DURING AND AFTER PROGRAM

| | | |
|------------------------------|------|---------------------|
| Lifting objects properly | 4.02 | 23% increase |
| Sitting correctly | 3.82 | 24% increase |
| Back exercises and stretches | 3.69 | 20% increase |
| Productivity work/home | 3.92 | 11% increase |
| Overall well-being | 3.92 | 8% increase |



BACK TO BASICS – COMMENTS

I was told how to lift properly but I often forget. So this is a good reminder each day. Also the sitting and not stoop over to see the computer.

The emails really helped me remember to sit up at the computer instead of hunching over like I normally do! Can we still get that daily reminder?? :o)

I am so much more aware of my posture and the technique of lifting. This program has been beneficial for my fitness and attitude.