

December 2007

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www.uky.edu/HR/wellness • (859) 257-WELL (9355)

The 2007 Body Shop Survey Results Are In!



Thank you to everyone who took the time to complete our survey. Your input is valuable to us, and we want to keep the lines of communication open. We're sharing your most common concerns and our responses below.

Alumni and Seaton Body Shop Survey Results

- **Longer Hours:** Many survey takers expressed the need for longer gym hours. Thanks to our tracking system, it is now easier than ever to see when the gym is highly utilized.

- **Seaton -** The tracking system indicates the hours for Seaton are adequate, with the exception of lunchtime. We are aware of the need for longer lunch hours. However, because we share this gym with the UK Department of Kinesiology and Health Promotion, we are currently unable to extend the hours, regrettably. We will do our best to extend hours when possible, such as during holidays and summer.

- **Alumni -** The tracking system indicates the hours for Alumni are adequate. The average daily attendance is 76 usages with the majority between 11-2. Saturday usage averages 50. Past trials indicate that when we remain open longer, there is not enough usage to justify extended hours.

- **Music/Noise:** Some survey takers indicated a dislike of the choice of music and others disliked the volume level. We hear what you are saying. In order to better serve you, staff members have been instructed to keep the volume level down and an appropriate list of stations has been issued. Please feel free to bring your own personal listening device.

- **Equipment:** Many participants offered ideas for additional equipment needed in the Body Shop. All of the suggested pieces were added to a "wish list" and will be considered for addition as the budget allows. In the meantime, please remember to observe the 20-minute cardio rule while others are waiting. Also, feel free to ask our Body Shop staff for alternative exercises for certain muscle groups.

- **Temperature (Alumni Gym):** Due to the age of the building, central air conditioning is not an option. However, A/C units have been put in every available window. We have also added fans for the locker rooms, as well as one in the office to blow the cool air into the gym. We are open to your ideas for more cooling options.

- **Locker Room Cleanliness (Alumni Gym):** The cleanliness of the gym and locker rooms is something we take seriously. While the Body Shop staff adheres to a strict cleaning schedule inside the gym, the locker rooms are taken care of by custodial services. In your best interest, we have issued a request for more stringent cleaning in both locker rooms. We have also been ensured that the cleaning methods meet MRSA guidelines. Please take

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Calendar

•Dec. 19, Biggest BLUE Loser Registration

How much weight will you lose? There's only one way to find out. Register by December 19!

www.uky.edu/HR/wellness/BiggestBlueLoser.html

•Jan. 16, Walking Wednesdays

Meet fellow Wildcat walkers at the corner of Rose and Washington every Wednesday at 12:10. Program runs through March 19.

www.uky.edu/HR/wellness/Walking.html

•Feb. 9, Heart, Sole & Glove 5K Run/Walk

The run/walk starts at 9:30 a.m., at Coldstream Park. Register at active.com or on paper.

www.uky.edu/HR/wellness/5k.html

The Body Shop Group Fitness and Mind/Body **Spring Schedule** is now online!

www.uky.edu/HR/wellness/bodyshop.html

Group Exercise/Mind Body Classes: No classes Dec. 17-21 • Classes resume Jan. 2.

Seaton Gym: Extended lunch time hours (11:30 - 1:30) and no evening hours Dec. 17-21. • CLOSED Dec. 24 - Jan. 1.

Alumni Gym: Regular hours Dec. 17-19. • Closes at 7 p.m., Dec. 20 • No evening hours Dec. 21. • CLOSED Dec. 24 - Jan. 1.

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full advantage of the hand sanitizers in the Body Shop to protect yourself and others against illness. Also, new spray bottles have been purchased for you to wipe down equipment after each use.

• **Higher Membership Dues:** Many of you offered to pay more for membership, in order to have more amenities and more equipment. We GREATLY appreciate your commitment to the Body Shop and to your health. Unfortunately, our budget does not allow for all income generated from Body Shop enrollment to be earmarked for only Body Shop expenses. It assists in covering a multitude of Wellness Program functions. So, while we thank you for the offer, we will continue to keep the cost down and add equipment/amenities as the budget allows.

• **“Others” Utilizing the Body Shop:** Alumni, children, and friends were all suggested as possible allowances. All Health & Wellness programs are a benefit to employees, retirees, spouses and sponsored dependents. The Body Shop does not have equipment appropriate for children nor staff available for an adult/child ratio. Families are important, however. There have been buddy programs in the past and we will look into implementing something similar in the future.

Remember! The staff at the Body Shop is highly qualified. Please feel free to ask questions regarding personal training, exercises, programs, muscles, or ideas. They are here to better serve you and will be making their way around the gym to offer their help.

December Specialty Class: Holiday and Traveling Workout

This quick circuit-style program is designed to engage the entire body in as little as 10 minutes. It's great during the holidays and for traveling. The workout is easy to do anywhere and does not require gym equipment. The only things you may need are a chair or stool and two small objects of equal weight. Empty milk jugs are suggested as more/less water may be used for proper weight.

Monday, Dec. 17, 11:00 a.m.
Monday, Dec. 17, Noon

Seaton Gym
Alumni Gym



Michael Dalessio
Graduate Assistant