



White-Paper  
Corporate Wellness Program  
Questionnaire Responses



# Questionnaire Responses

**A compilation of responses to questionnaire along with  
white-paper for Corporate Wellness Program  
from delegates attending GACS Knowledge Conclave  
on 15th February 2019**

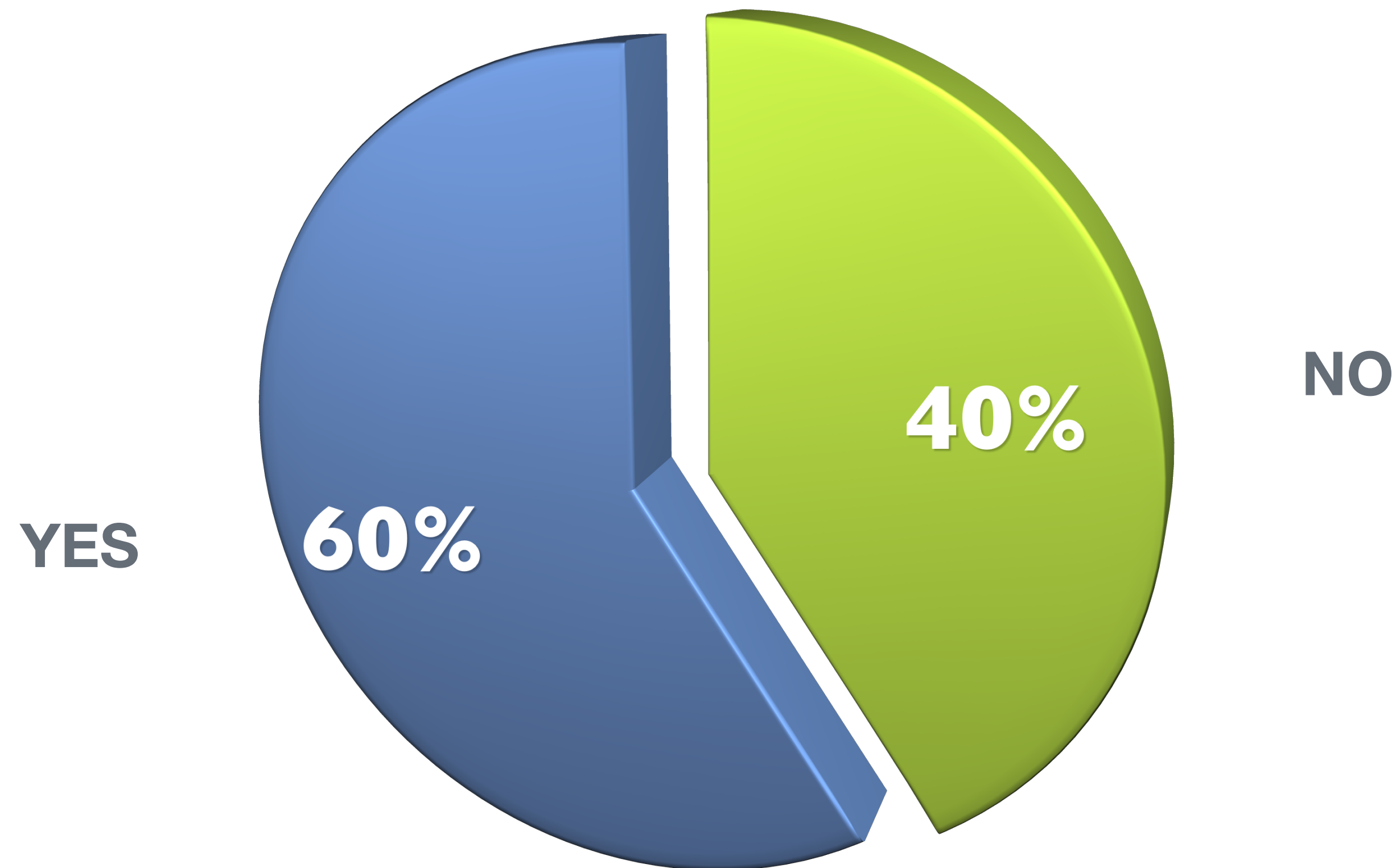
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# GACS Wellness Questionnaire Responses

**IS THERE CURRENTLY A CORPORATE WELLNESS PROGRAM AT YOUR WORK PLACE?**



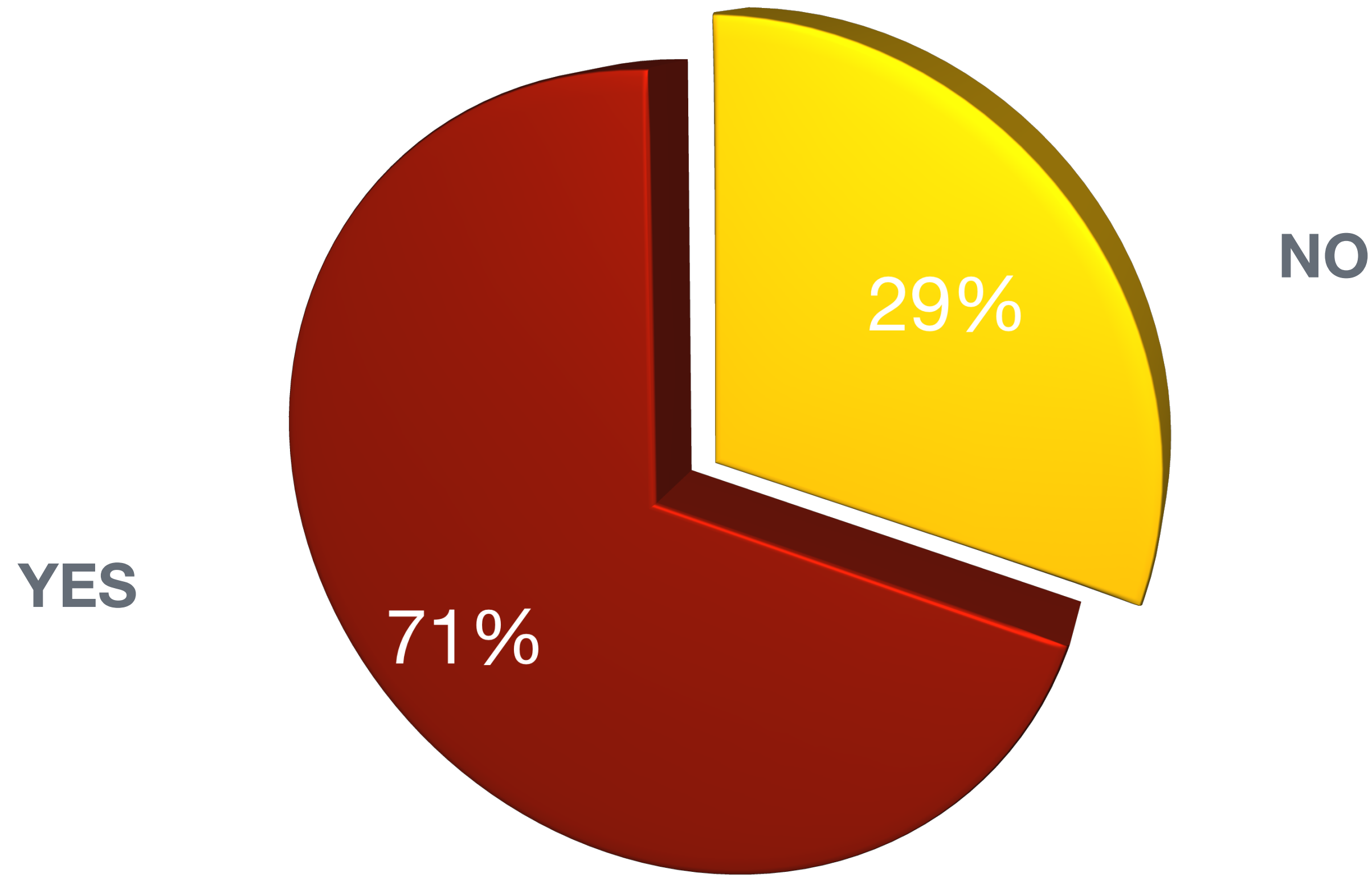
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# GACS Wellness Questionnaire Responses

**IS THERE A ROOM FOR IMPROVEMENT IN THE EXISTING CORPORATE WELLNESS PROGRAM AT YOUR WORK PLACE?**



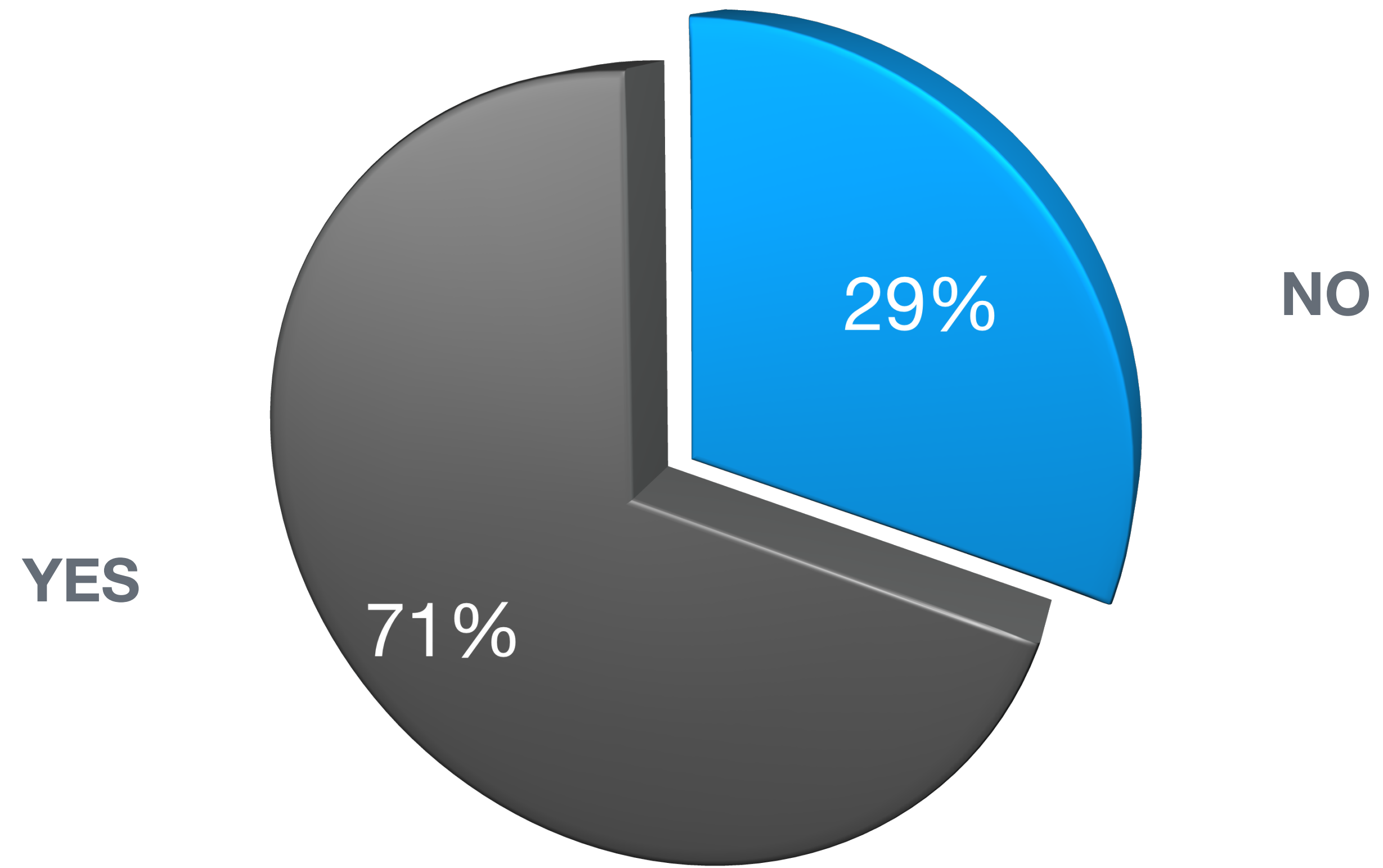
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# GACS Wellness Questionnaire Responses

**WILL YOU BE WILLING TO PAY FOR  
A COMPANY INITIATED CORPORATE WELLNESS PROGRAM?**



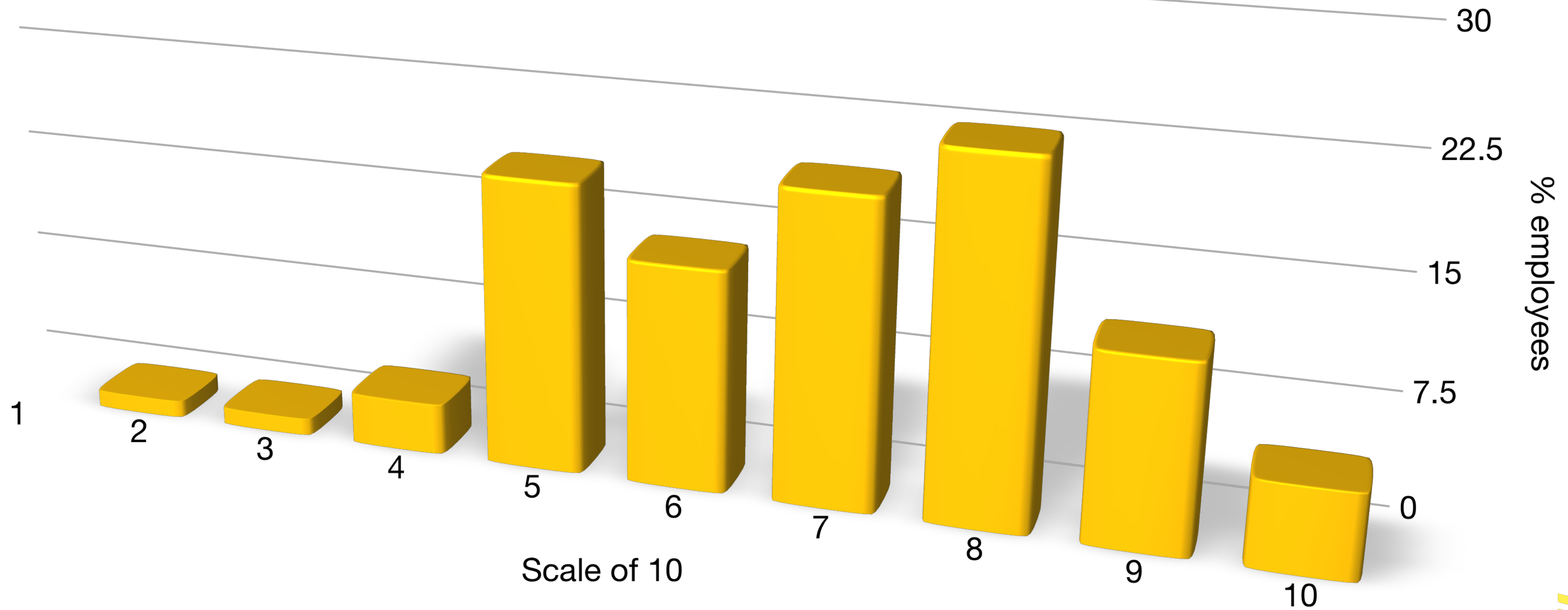
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# GACS Wellness Questionnaire Responses

**HOW WOULD YOU RATE YOUR FITNESS ON A SCALE OF 10?**



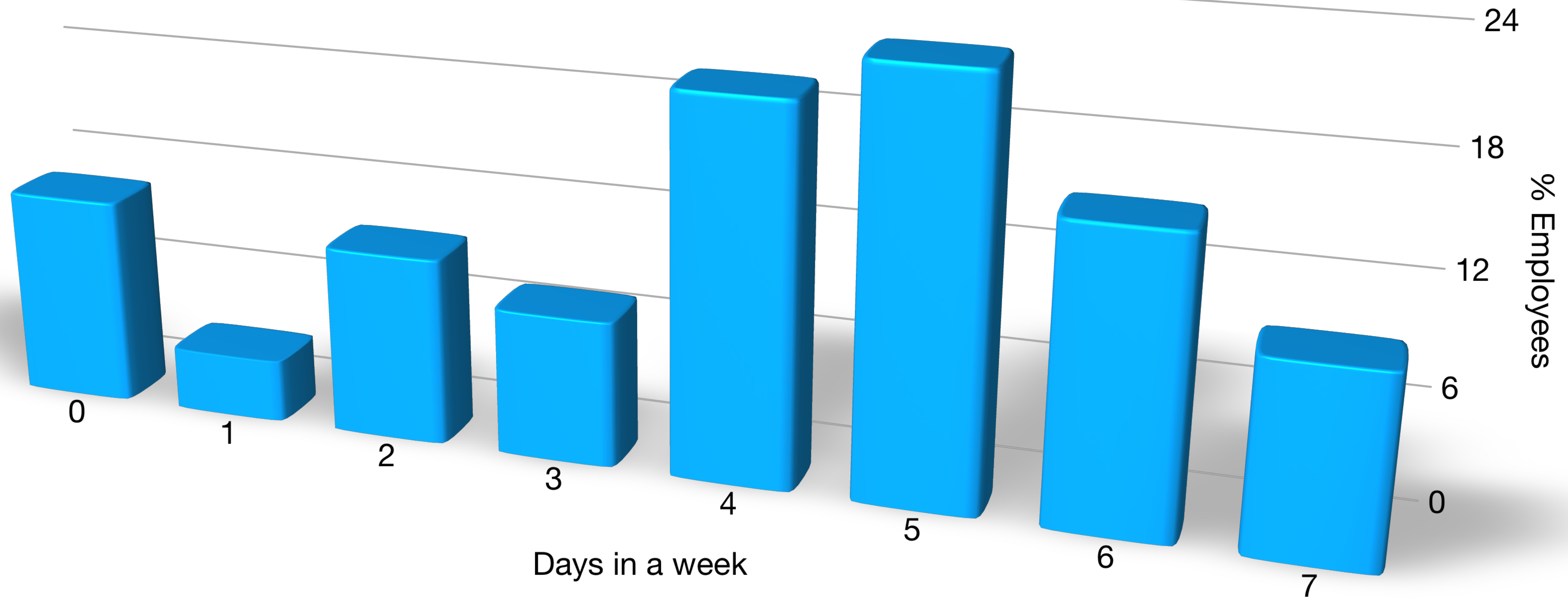
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# GACS Wellness Questionnaire Responses

HOW MANY DAYS IN A WEEK DO YOU EXERCISE?



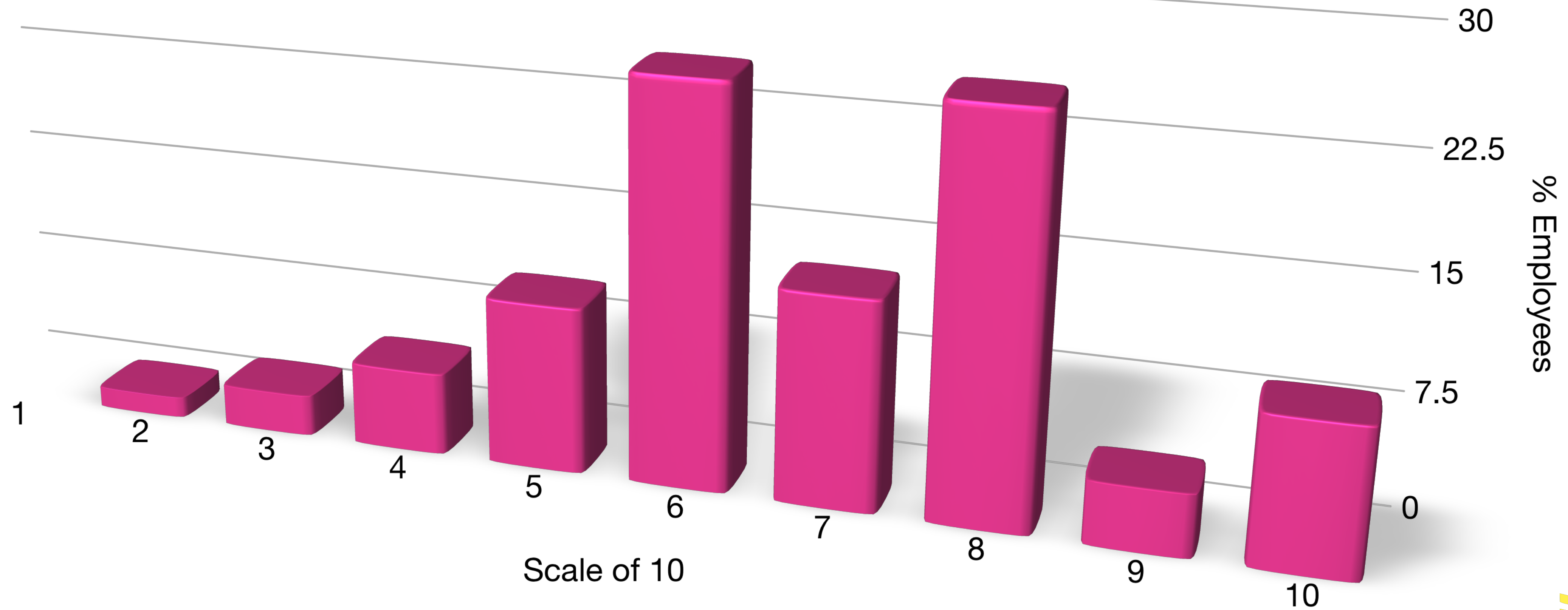
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# GACS Wellness Questionnaire Responses

**WHEN NOT DOING STRUCTURED EXERCISES, HOW PHYSICALLY ACTIVE ARE YOU (STAIRS, WALKING ETC.)?**



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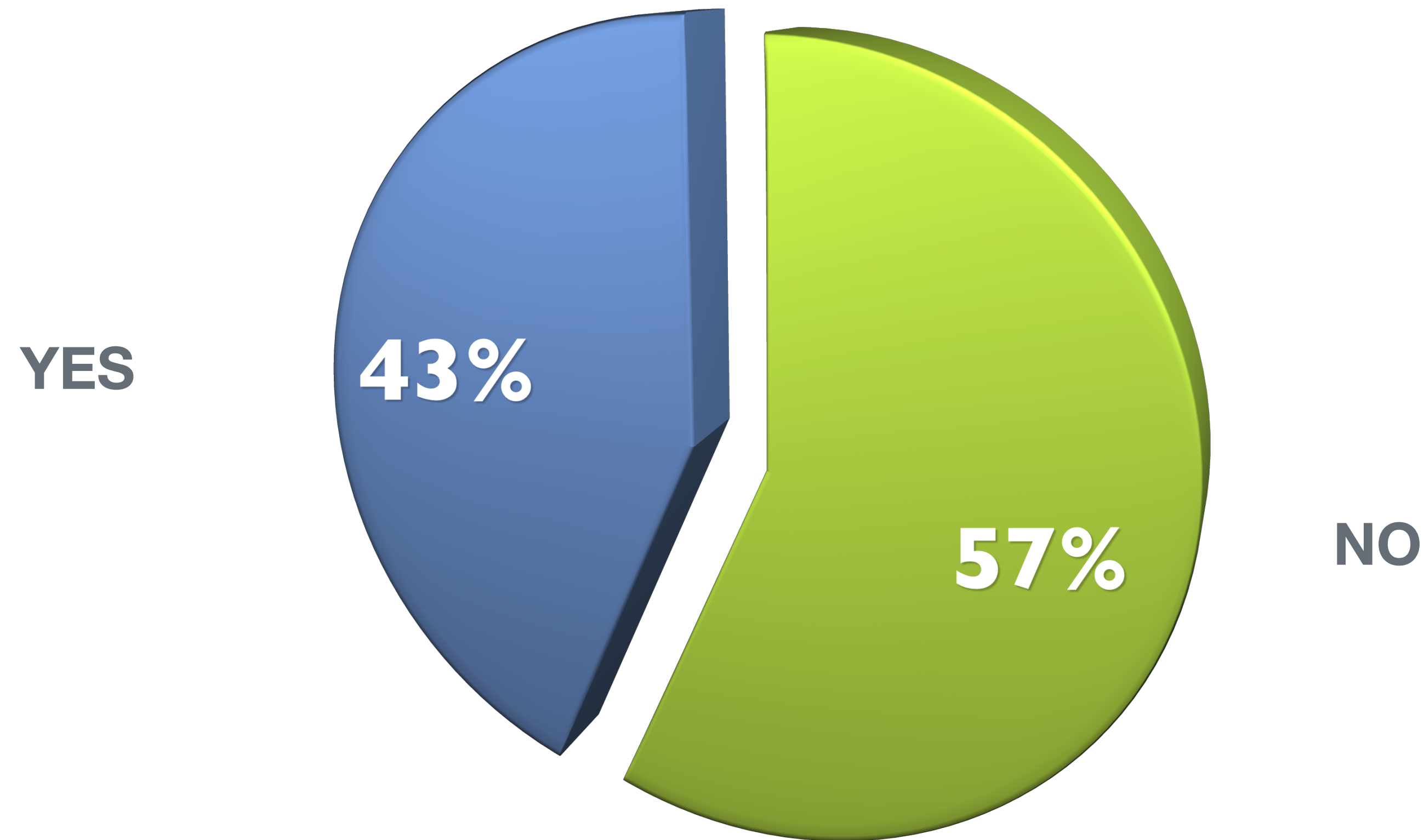
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# GACS Wellness Questionnaire Responses

DO YOU THINK YOU WILL NOT SUFFER FROM LIFESTYLE DISEASES LIKE HEART, CANCER, DIABETES, STROKE OR PSYCHOLOGICAL?



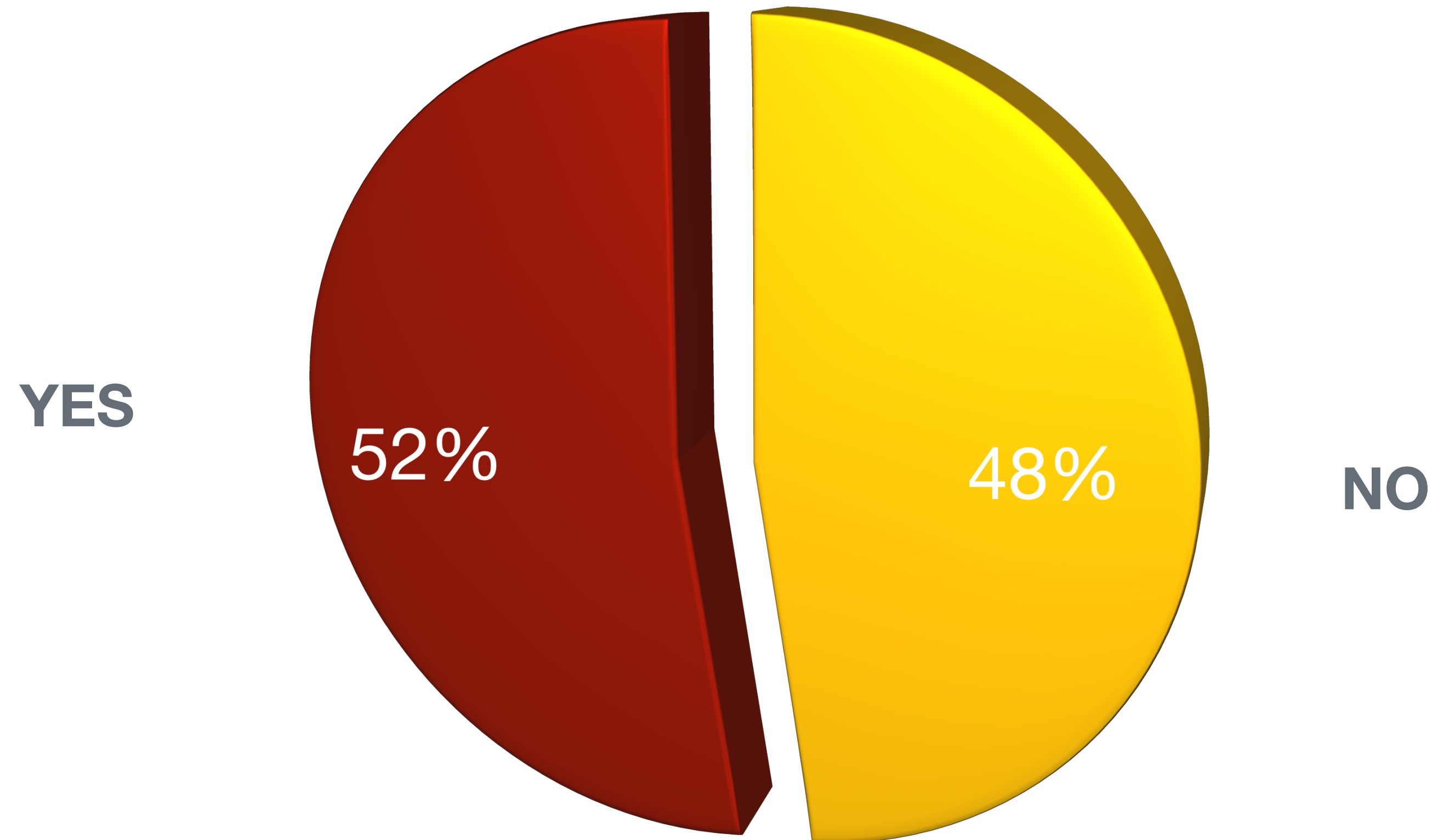
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# GACS Wellness Questionnaire Responses

HAVE YOU BEEN ADVISED BY A HEALTHCARE PROFESSIONAL TO MODIFY YOUR LIFESTYLE (EXERCISE, DIET, SLEEP ETC.)?



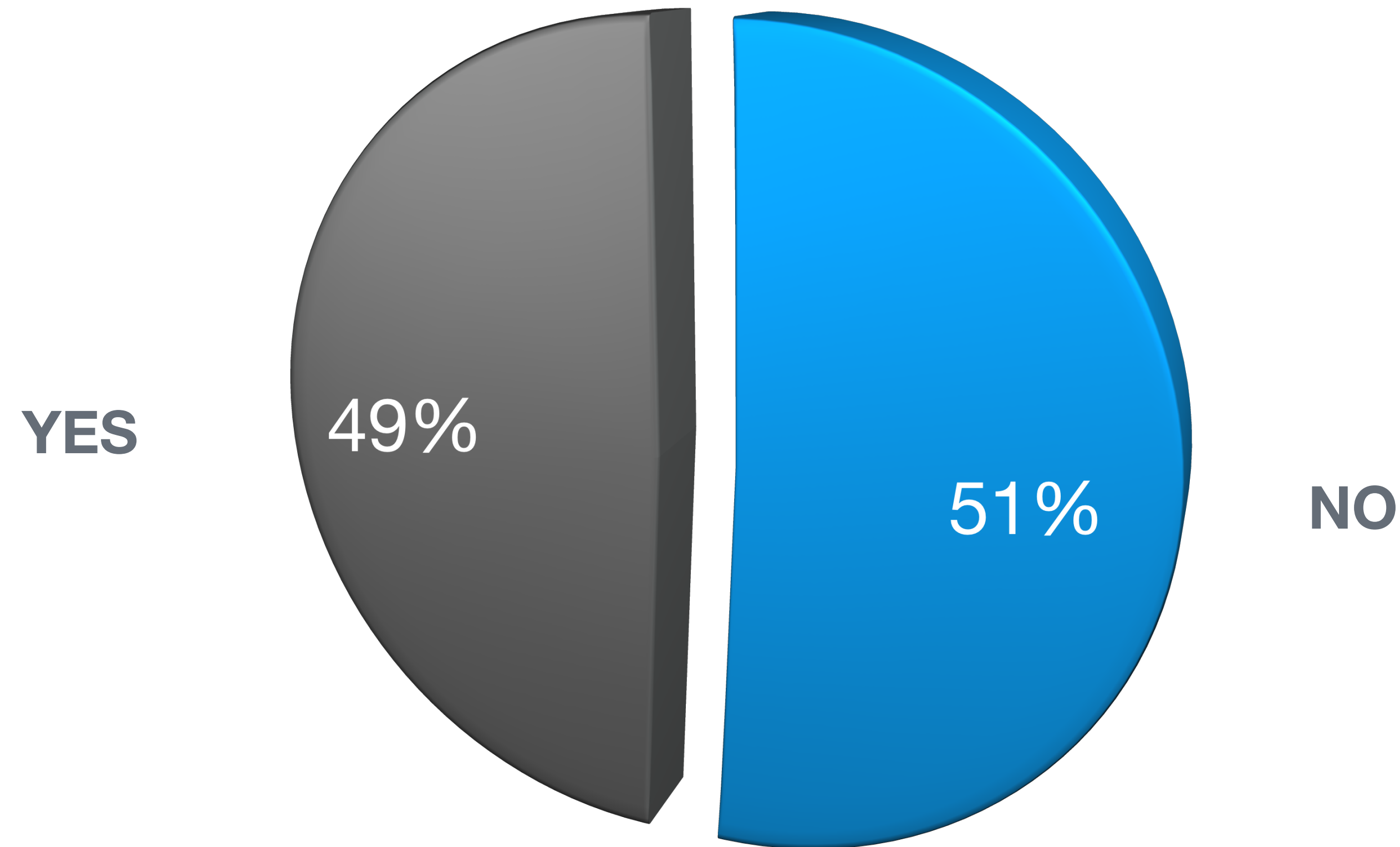
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# GACS Wellness Questionnaire Responses

**IF YOU BEEN ADVISED BY A HEALTHCARE PROFESSIONAL TO MODIFY YOUR LIFESTYLE, HAVE YOU DONE ANYTHING ABOUT IT?**



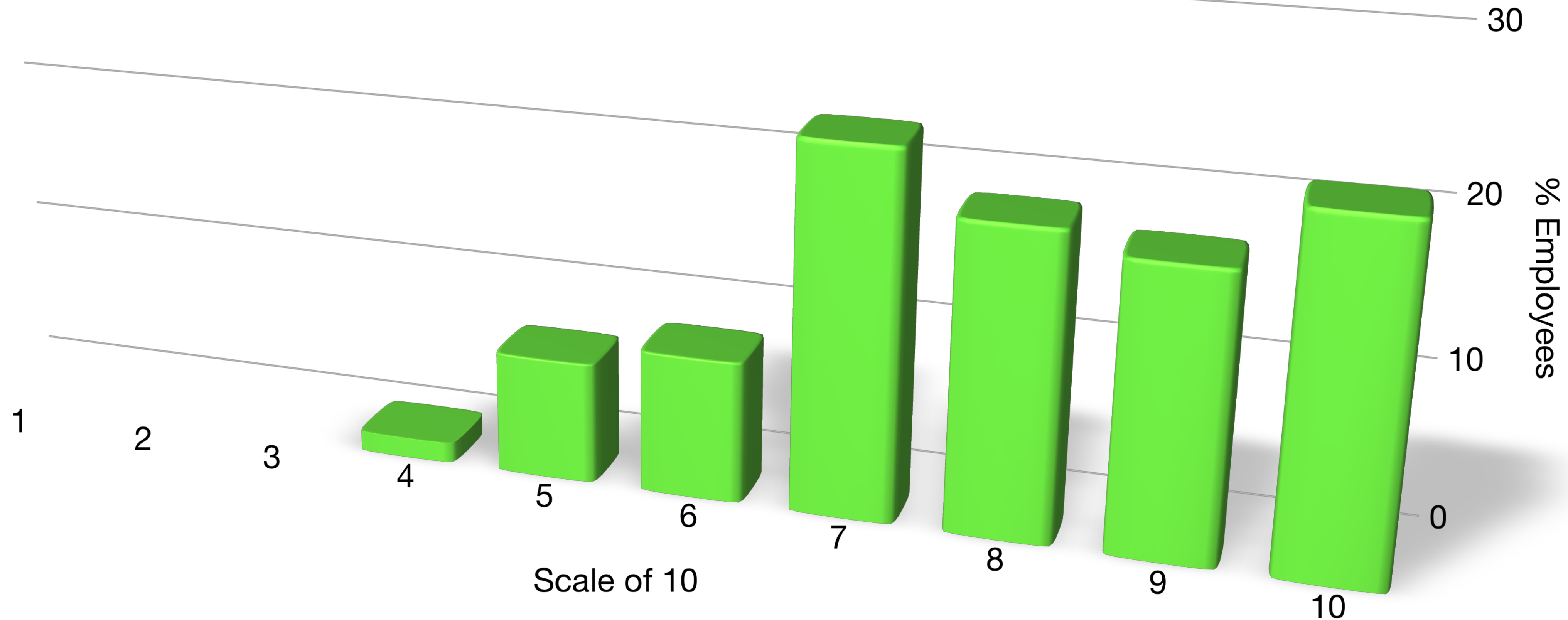
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# GACS Wellness Questionnaire Responses

HOW MOTIVATED ARE YOU TO PARTICIPATE IN  
A CORPORATE WELLNESS PROGRAM?



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