

Discover the fitness benefits that will truly support your team

Supporting your employees' health starts with understanding their unique needs and preferences. By using these targeted survey questions, you can identify fitness benefits that provide real value, promote healthier lifestyles, and help your team thrive.

1. What types of fitness activities do you currently enjoy?

- Gym workouts
- Yoga
- Cycling
- Running
- Walking
- Other [Please specify]

2. Which fitness-related benefits would motivate you the most?

- Free or discounted gym memberships
- Group exercise class discounts
- Virtual fitness classes
- On-demand workout apps
- On-site workout programs
- Wellness reimbursements
- Discounted fitness coaching sessions

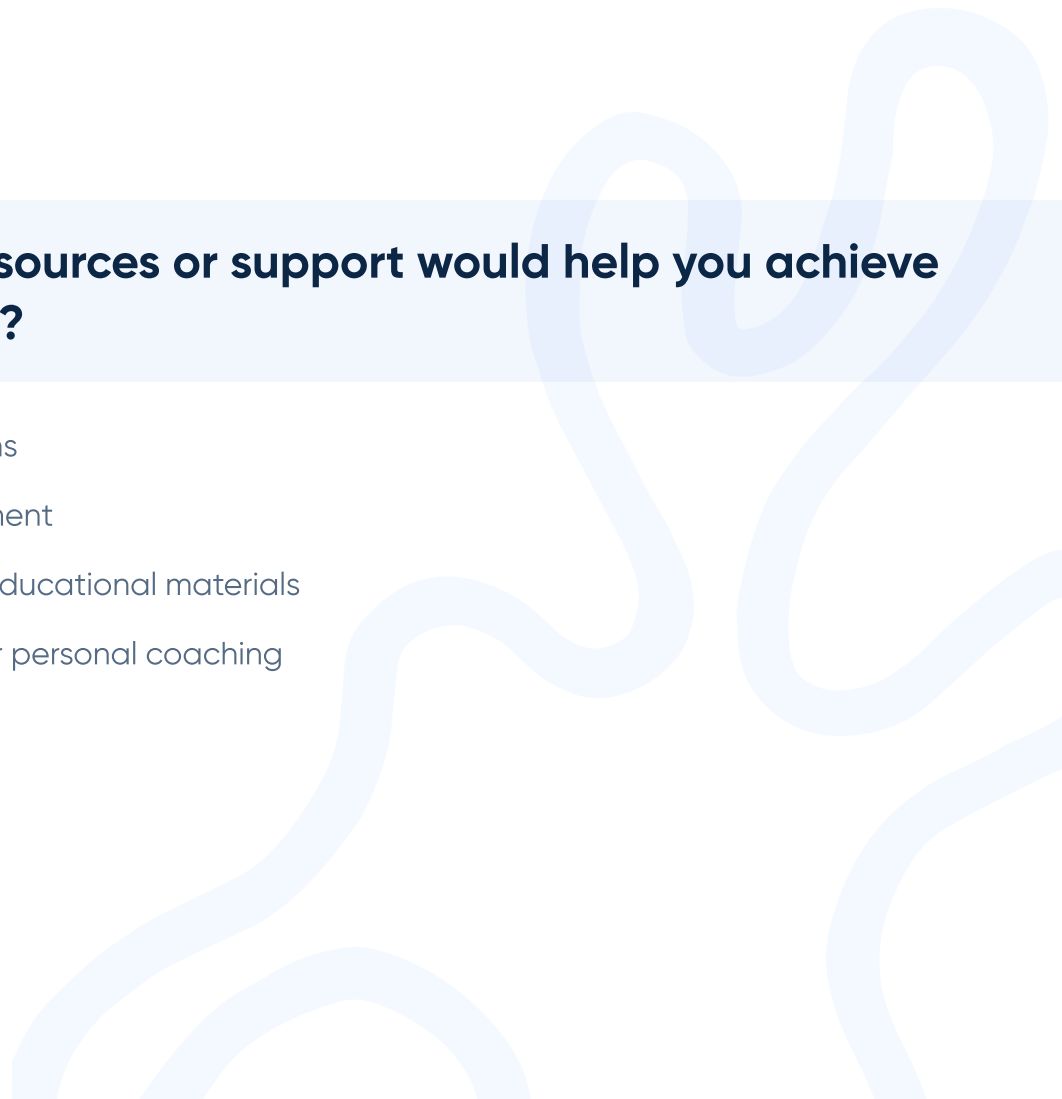
3. Would you participate in a company-wide fitness challenge?

- Yes, I enjoy friendly competition—it keeps me motivated
- No, I prefer to manage my fitness independently
- Maybe, depending on the challenge details

4. Do you prefer individual fitness activities or group programs/classes?

- Individual activities
- Group fitness programs
- A mix of both
- Other [Please specify]

5. What additional resources or support would help you achieve your wellness goals?

- Personalized fitness plans
 - Access to fitness equipment
 - Wellness workshops or educational materials
 - Accountability groups or personal coaching
 - Other [Please specify]
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6. What barriers prevent you from using fitness benefits?

- Time constraints
- Cost
- Transportation
- Lack of motivation or interest
- Knowing where to start
- Other [Please specify]

7. What are your top fitness and wellness priorities?

- Improving physical health
- Enhancing mental health and reducing stress
- Managing weight
- Building strength and endurance
- Other [Please specify]

Aaptiv: Your partner in employee wellness

Remember, investing in employee well-being can lead to increased productivity, reduced healthcare costs, and improved overall company culture. Connect with us to learn about Aaptiv's employee fitness and wellness benefits. Let's work together towards a healthier, happier team!

[Learn more](#)