

Civilian Fitness Employee Pretest Final

Type: Comprehensive Report

Date: 8/5/2014

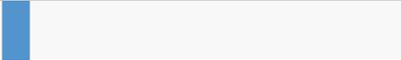
Time Zone in which Dates/Times Appear: (UTC-05:00) Eastern Time (US & Canada)

Total number of responses collected: 689

I have read this consent form and understand its contents. I acknowledge that I freely consent to participate in this survey under the conditions described.

- I AGREE to participate
- I DO NOT agree to participate.

(Respondents could only choose a **single** response)

Response	20%	40%	60%	80%	100%	Frequency	Count
I AGREE to participate						98.1%	630
I DO NOT agree to participate.						1.9%	12
Not Answered							4
						Mean	1.019
						Standard Deviation	0.136
						Valid Responses	642
						Total Responses	646

(Respondents could only choose a **single** response)

1. What unit are your stationed at?

- Base Kodiak
- AIRSTA Cape Cod
- Base Miami Beach
- D-7
- HQ

(Respondents could only choose a **single** response)

Response	20%	40%	60%	80%	100%	Frequency	Count
Base Kodiak						5.8%	33
AIRSTA Cape Cod						5.6%	32
Base Miami Beach						5.5%	31
D-7						10.4%	59
HQ						72.7%	412
Not Answered							4
						Mean	4.384
						Standard Deviation	1.177
						Valid Responses	567
						Total Responses	571

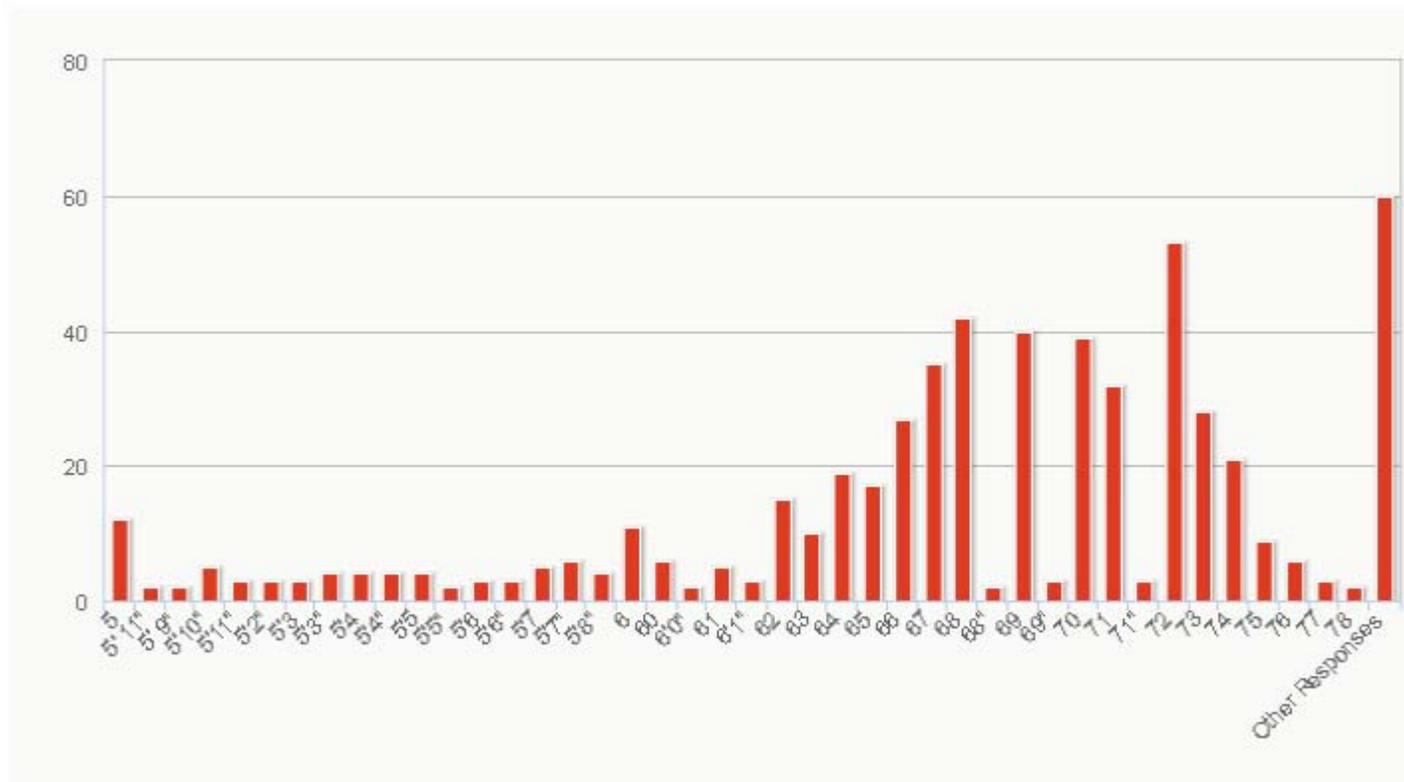
2. General Information

Height (inches) _____

Weight (pounds) _____

Age (years) _____

(Respondents were limited to **brief** text responses)



68"

2. General Information

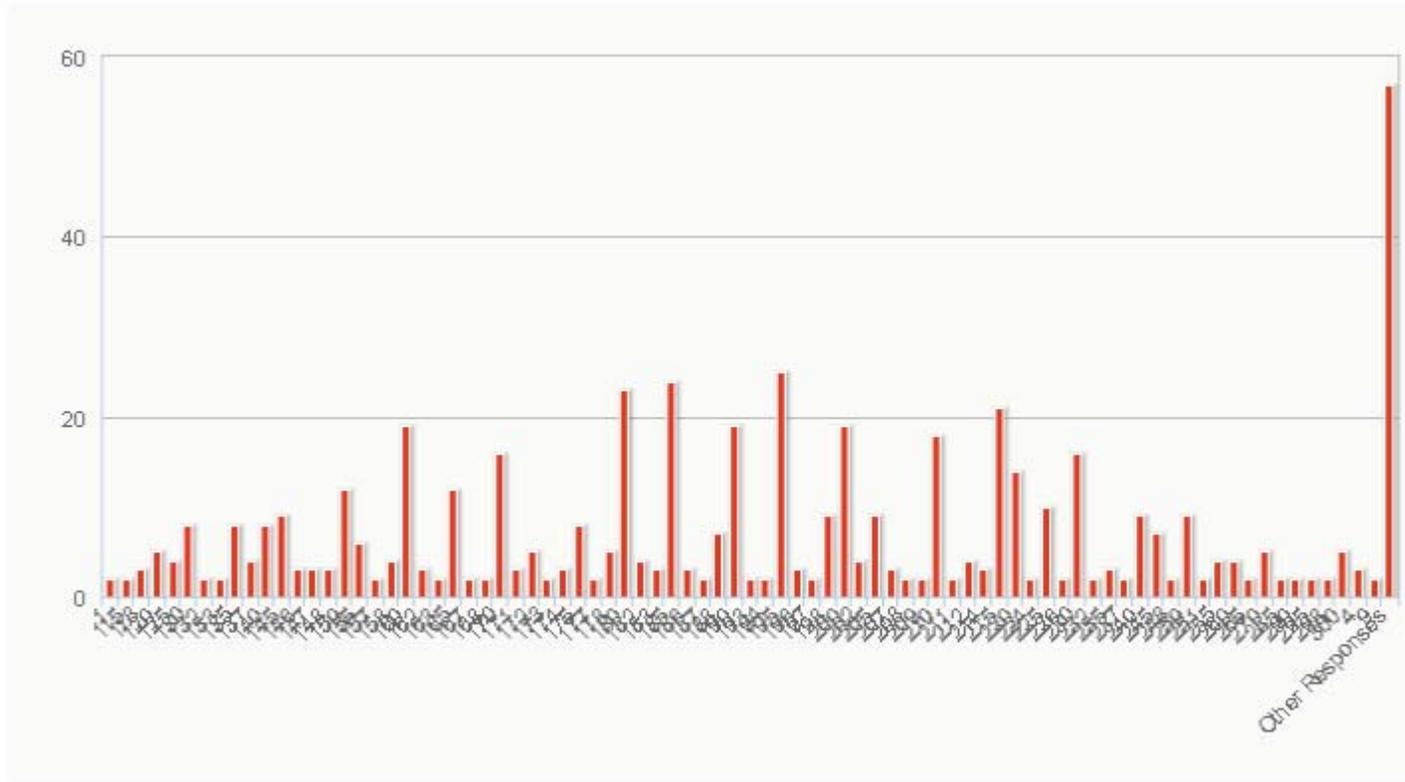
Height (inches) _____

Weight (pounds) _____

Age (years) _____

1. 2. General Information (Weight (pounds))

(Respondents were limited to **brief** text responses)



1. 2. General Information (Weight (pounds))

3. Gender

Male

Female

(Respondents could only choose a **single** response)

Response	20%	40%	60%	80%	100%	Frequency	Count
Male						67.7%	384
Female						32.3%	183
Not Answered							4
						Mean	1.323
						Standard Deviation	0.468
						Valid Responses	567
						Total Responses	571

4. Which best describes the kind of work that you do?

- Physical
- Sedentary

(Respondents could only choose a **single** response)

Response	20% 40% 60% 80% 100%	Frequency	Count
Physical		9.2%	52
Sedentary		90.8%	512
Not Answered			7
		Mean	1.908
		Standard Deviation	0.290
		Valid Responses	564
		Total Responses	571

5. In the past year, how many days of work have you missed due to personal illness? (Do not include absences due to care of family members, dental exams, preventive medical screening, etc.).

- 0
- 1-2 days
- 3-5 days
- 6-10 days
- 11-15 days
- 16 or more days

(Respondents could only choose a **single** response)

Response	20%	40%	60%	80%	100%	Frequency	Count
0						19.6%	111
1-2 days						27.4%	155
3-5 days						28.7%	162
6-10 days						15.4%	87
11-15 days						4.4%	25
16 or more days						4.4%	25
Not Answered							6
						Mean	2.708
						Standard Deviation	1.307
						Valid Responses	565
						Total Responses	571

5a. Of those days missed due to personal illness, how many were due to a chronic health issue such as care for high blood pressure, diabetes, etc.?

- 0
- 1-2 days
- 3-5 days
- 6-10 days
- 11-15 days
- 16 or more days

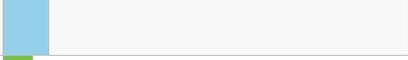
(Respondents could only choose a **single** response)

Response	20%	40%	60%	80%	100%	Frequency	Count
0						85.2%	476
1-2 days						5.9%	33
3-5 days						3.8%	21
6-10 days						3.0%	17
11-15 days						0.5%	3
16 or more days						1.6%	9
Not Answered							12
						Mean	1.327
						Standard Deviation	0.930
						Valid Responses	559
						Total Responses	571

5b. Of those days missed due to personal illness, how many were due to an acute issue such as a cold or the flu?

- 0
- 1-2 days
- 3-5 days
- 6-10 days
- 11-15 days
- 16 or more days

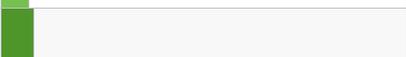
(Respondents could only choose a **single** response)

Response	20%	40%	60%	80%	100%	Frequency	Count
0						28.5%	159
1-2 days						38.6%	215
3-5 days						25.3%	141
6-10 days						5.6%	31
11-15 days						1.6%	9
16 or more days						0.4%	2
Not Answered							14
						Mean	2.142
						Standard Deviation	0.972
						Valid Responses	557
						Total Responses	571

6. In the past year, how many days of work have you missed due to personal injury?

- 0
- 1-2 days
- 3-5 days
- 6-10 days
- 11-15 days
- 16 or more days

(Respondents could only choose a **single** response)

Response	20%	40%	60%	80%	100%	Frequency	Count
0						80.2%	451
1-2 days						11.4%	64
3-5 days						3.9%	22
6-10 days						2.1%	12
11-15 days						0.5%	3
16 or more days						1.8%	10
Not Answered							9
						Mean	1.367
						Standard Deviation	0.927
						Valid Responses	562
						Total Responses	571

6a. Of those days missed due to personal injury, how many were due to work-related injuries?

- 0
- 1-2 days
- 3-5 days
- 6-10 days
- 11-15 days
- 16 or more days

6a. Of those days missed due to personal injury, how many were due to work-related injuries?

(Respondents could only choose a **single** response)

Response	20%	40%	60%	80%	100%	Frequency	Count
0						95.7%	531
1-2 days						1.8%	10
3-5 days						0.7%	4
6-10 days						0.5%	3
11-15 days						0.4%	2
16 or more days						0.9%	5
Not Answered							16
						Mean	1.108
						Standard Deviation	0.606
						Valid Responses	555
						Total Responses	571

6b. Of those days missed due to personal injury, how many were due to other injuries (such as recreational activities)?

- 0
- 1-2 days
- 3-5 days
- 6-10 days
- 11-15 days
- 16 or more days

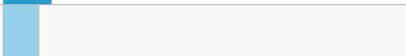
(Respondents could only choose a **single** response)

Response	20% 40% 60% 80% 100%	Frequency	Count
0		88.4%	493
1-2 days		8.4%	47
3-5 days		2.3%	13
6-10 days		0.5%	3
11-15 days		0.0%	0
16 or more days		0.4%	2
Not Answered			13
		Mean	1.165
		Standard Deviation	0.537
		Valid Responses	558
		Total Responses	571

7. In the past year, how many days of work have you missed due to stress-related issues?

- 0
- 1-2 days
- 3-5 days
- 6-10 days
- 11-15 days
- 16 or more days

(Respondents could only choose a **single** response)

Response	20%	40%	60%	80%	100%	Frequency	Count
0						74.7%	423
1-2 days						15.2%	86
3-5 days						6.4%	36
6-10 days						2.7%	15
11-15 days						0.7%	4
16 or more days						0.4%	2
Not Answered							5
						Mean	1.405
						Standard Deviation	0.827
						Valid Responses	566
						Total Responses	571

7a. Of those days missed due to stress-related issues, how many were due to non work-related issues?

- 0
- 1-2 days
- 3-5 days
- 6-10 days
- 11-15 days
- 16 or more days

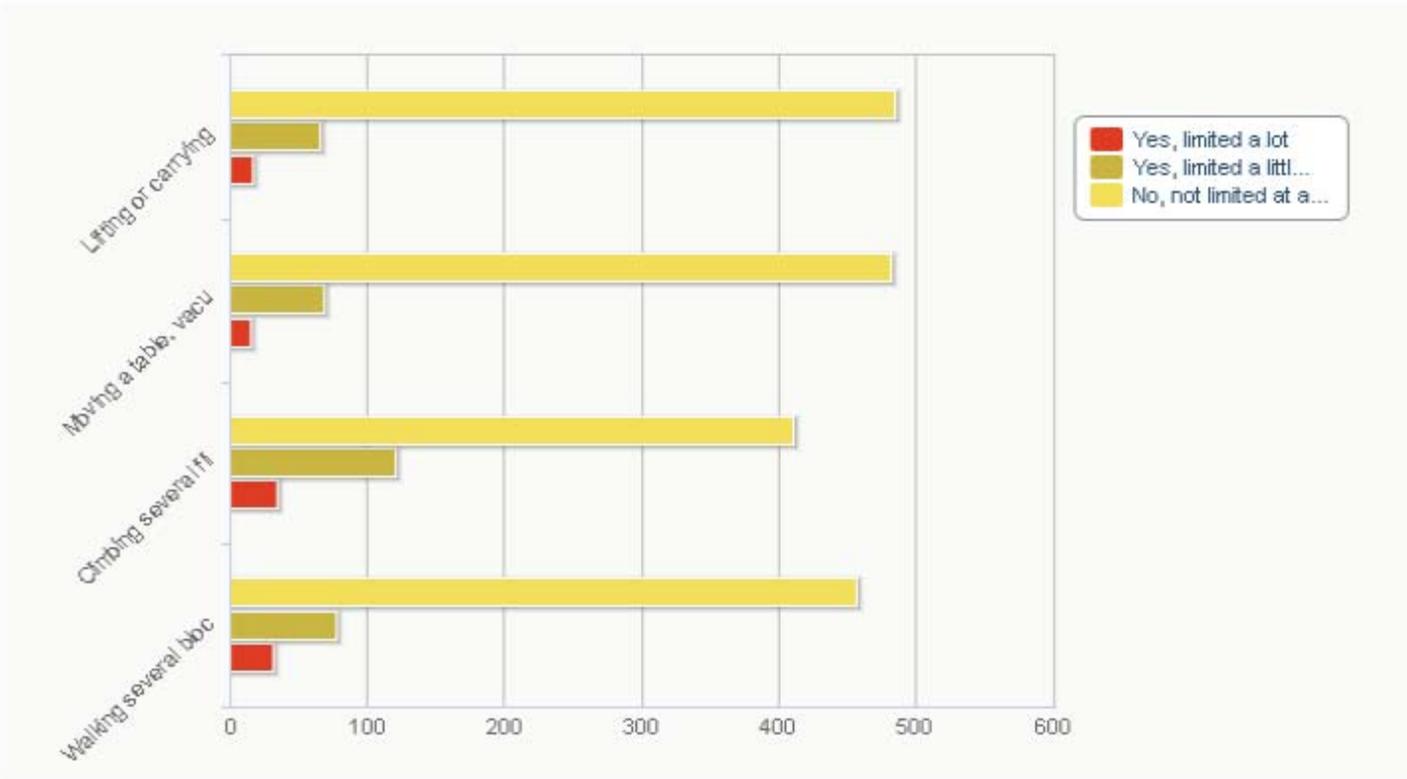
(Respondents could only choose a **single** response)

Response	20% 40% 60% 80% 100%	Frequency	Count
0		83.7%	471
1-2 days		11.9%	67
3-5 days		2.8%	16
6-10 days		1.2%	7
11-15 days		0.0%	0
16 or more days		0.4%	2
Not Answered			8
		Mean	1.231
		Standard Deviation	0.617
		Valid Responses	563
		Total Responses	571

8. The following items are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much?

	Yes, limited a lot	Yes, limited a little	No, not limited at all
Lifting or carrying groceries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Moving a table, vacuuming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Climbing several flights of stairs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walking several blocks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

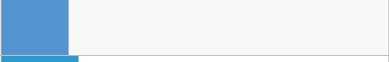
(Respondents could only choose a **single** response for each topic)



9. How many minutes per week do you engage in **moderate-intensity** aerobic activity (examples include brisk walking, water aerobics, bicycle riding slower than 10 mph, ballroom dancing, or general gardening and is activity equivalent to a 5 or 6 on a 10-point scale where 0 is sitting and the highest possible level of effort is 10)?

- I do not engage in moderate-intensity physical activity
- 30 minutes or less per week
- 31-60 minutes per week
- 61-90 minutes per week
- 91-120 minutes per week
- 121-149 minutes per week
- 150 minutes or more per week

(Respondents could only choose a **single** response)

Response	20%	40%	60%	80%	100%	Frequency	Count
I do not engage in moderate-intensity physical activity						12.1%	68
30 minutes or less per week						15.8%	89
31-60 minutes per week						18.8%	106
61-90 minutes per week						17.6%	99
91-120 minutes per week						12.6%	71
121-149 minutes per week						5.9%	33
150 minutes or more per week						17.4%	98
Not Answered							7
						Mean	3.899
						Standard Deviation	1.956
						Valid Responses	564
						Total Responses	571

10. How many minutes per week do you engage in **vigorous-intensity** aerobic activity (examples include race walking, jogging, running, swimming laps, aerobic dance, or bicycling 10 mph or faster and is activity equivalent to a 7 or 8 on a 10-point scale where 0 is sitting and the highest possible level of effort is 10)?

- I do not engage in vigorous-intensity aerobic activity
- 30 minutes or less per week
- 31-60 minutes per week
- 60-74 minutes per week
- 75 minutes or more per week

(Respondents could only choose a **single** response)

Response	20%	40%	60%	80%	100%	Frequency	Count
I do not engage in vigorous-intensity aerobic activity						41.7%	237
30 minutes or less per week						13.9%	79
31-60 minutes per week						12.1%	69
60-74 minutes per week						7.9%	45
75 minutes or more per week						24.3%	138
Not Answered							3
						Mean	2.592
						Standard Deviation	1.642
						Valid Responses	568
						Total Responses	571

11. How many days per week do you engage in muscle-strengthening activities that work the major muscle groups to include the legs, hips, back, abdomen, chest, shoulders, and arms (examples include lifting weights, working with resistance bands, and doing exercises that use body weight for resistance)?

- none
- once a week
- twice a week
- three times plus weekly

(Respondents could only choose a **single** response)

Response	20%	40%	60%	80%	100%	Frequency	Count
none						48.1%	274
once a week						13.5%	77
twice a week						16.8%	96
three times plus weekly						21.6%	123
Not Answered							1
						Mean	2.119
						Standard Deviation	1.225
						Valid Responses	570
						Total Responses	571

12. How many times per week do you do stretching exercises to improve flexibility?

- none
- once a week
- twice a week
- three plus times weekly

(Respondents could only choose a **single** response)

Response	20%	40%	60%	80%	100%	Frequency	Count
none						41.2%	235
once a week						17.0%	97
twice a week						13.9%	79
three plus times weekly						27.9%	159
Not Answered							1
						Mean	2.284
						Standard Deviation	1.260
						Valid Responses	570
						Total Responses	571

13. Has a doctor instructed you not to exercise due to a health problem you have?

- yes
- no

(Respondents could only choose a **single** response)

Response	20% 40% 60% 80% 100%	Frequency	Count
yes		9.5%	54
no		90.5%	512
Not Answered			5
		Mean	1.905
		Standard Deviation	0.294
		Valid Responses	566
		Total Responses	571

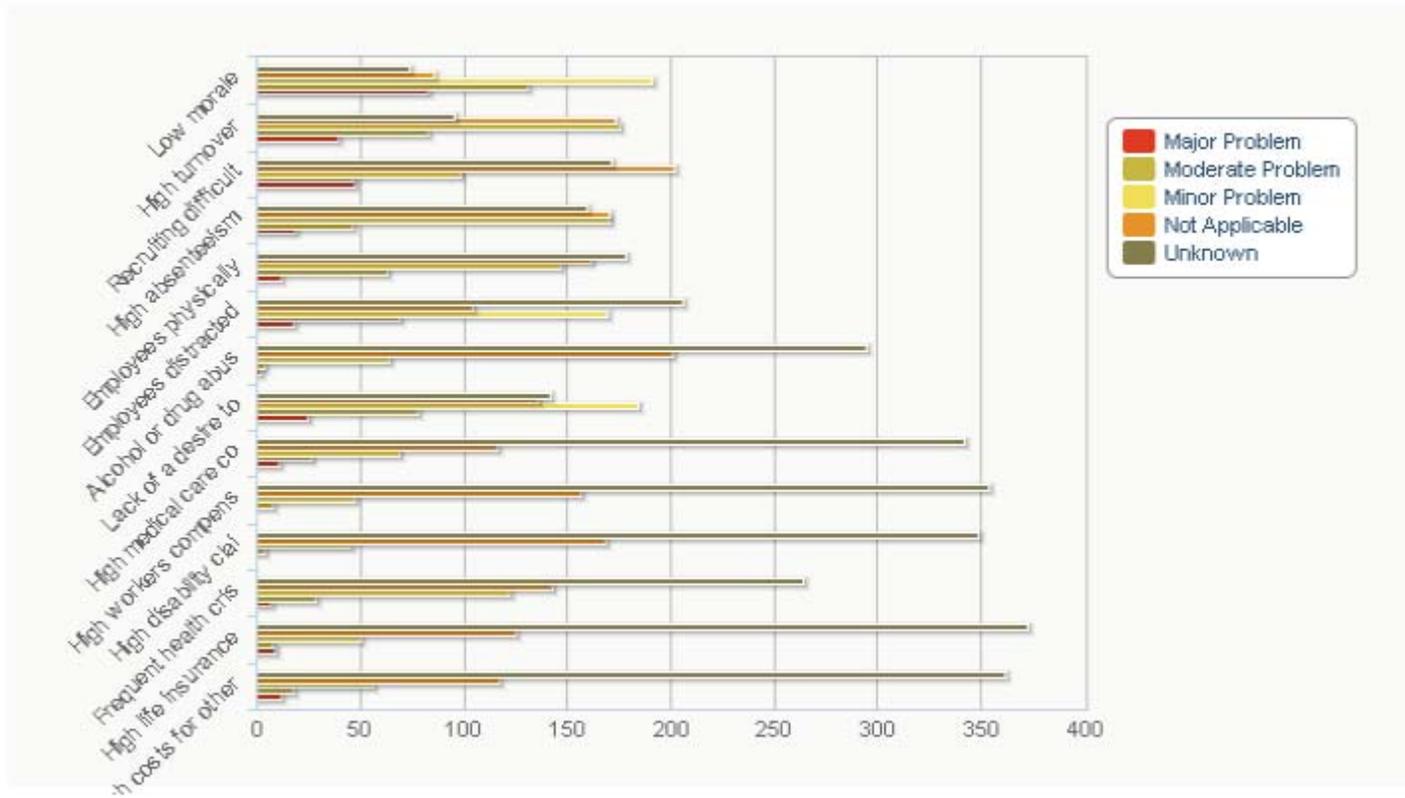
14. To what extent is each of the following a problem at your Unit?

	Major Problem	Moderate Problem	Minor Problem	Not Applicable	Unknown
Low morale	<input type="radio"/>				
High turnover	<input type="radio"/>				
Recruiting difficulties	<input type="radio"/>				
High absenteeism	<input type="radio"/>				
Employees physically exhausted	<input type="radio"/>				
Employees distracted by emotional problems	<input type="radio"/>				
Alcohol or drug abuse interfering with work	<input type="radio"/>				
Lack of a desire to work	<input type="radio"/>				
High medical care costs	<input type="radio"/>				
High workers compensation costs	<input type="radio"/>				
High disability claims	<input type="radio"/>				
Frequent health crises	<input type="radio"/>				

High life insurance

High costs for other forms of insurance

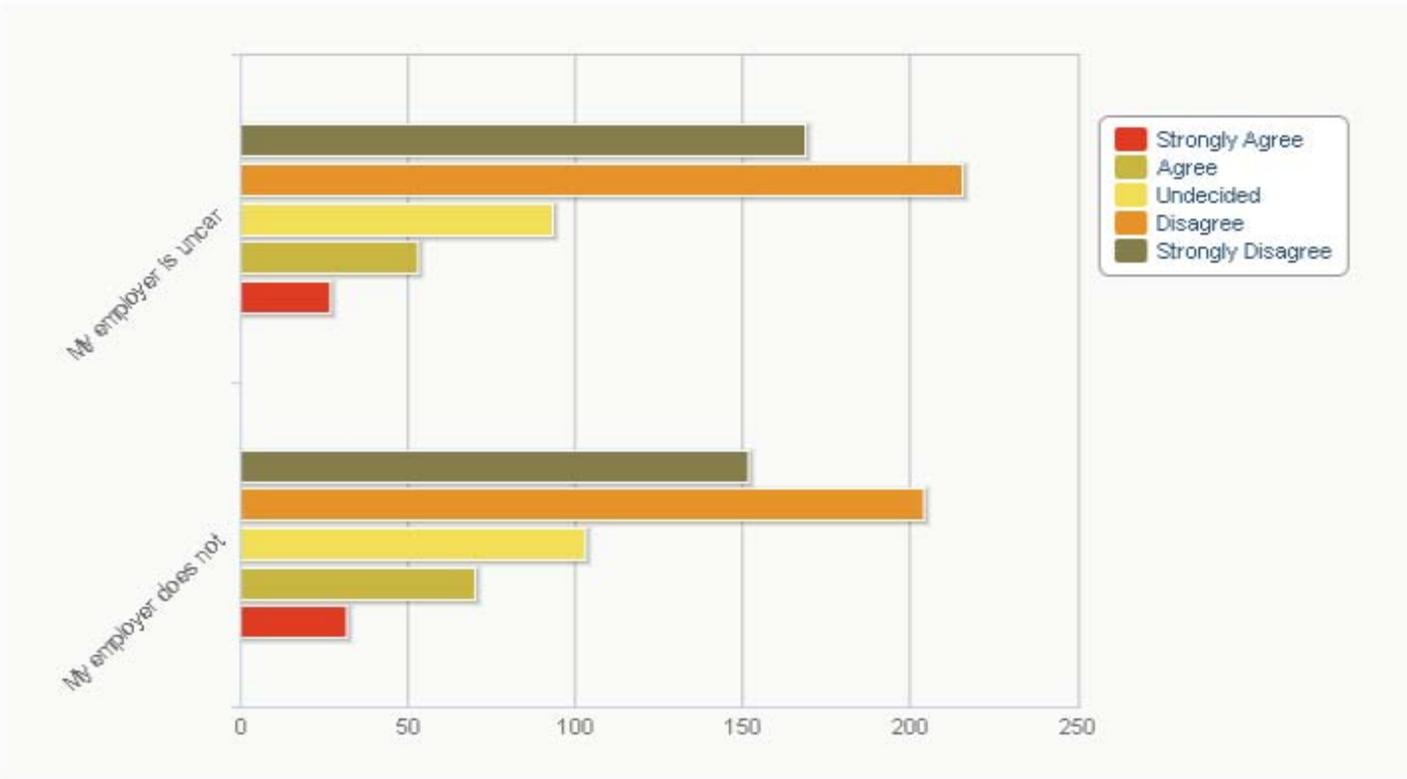
(Respondents could only choose a **single** response for each topic)



15. For the following items regarding employee perceptions about the employer, please rate each item on a scale from Strongly Agree to Strongly Disagree.

	Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree
My employer is uncaring	<input type="radio"/>				
My employer does not promote healthy lifestyles	<input type="radio"/>				

(Respondents could only choose a **single** response for each topic)



16. What impact do you feel an employee exercise program during the workday will have on each of the following problems? Rate on the scale below.

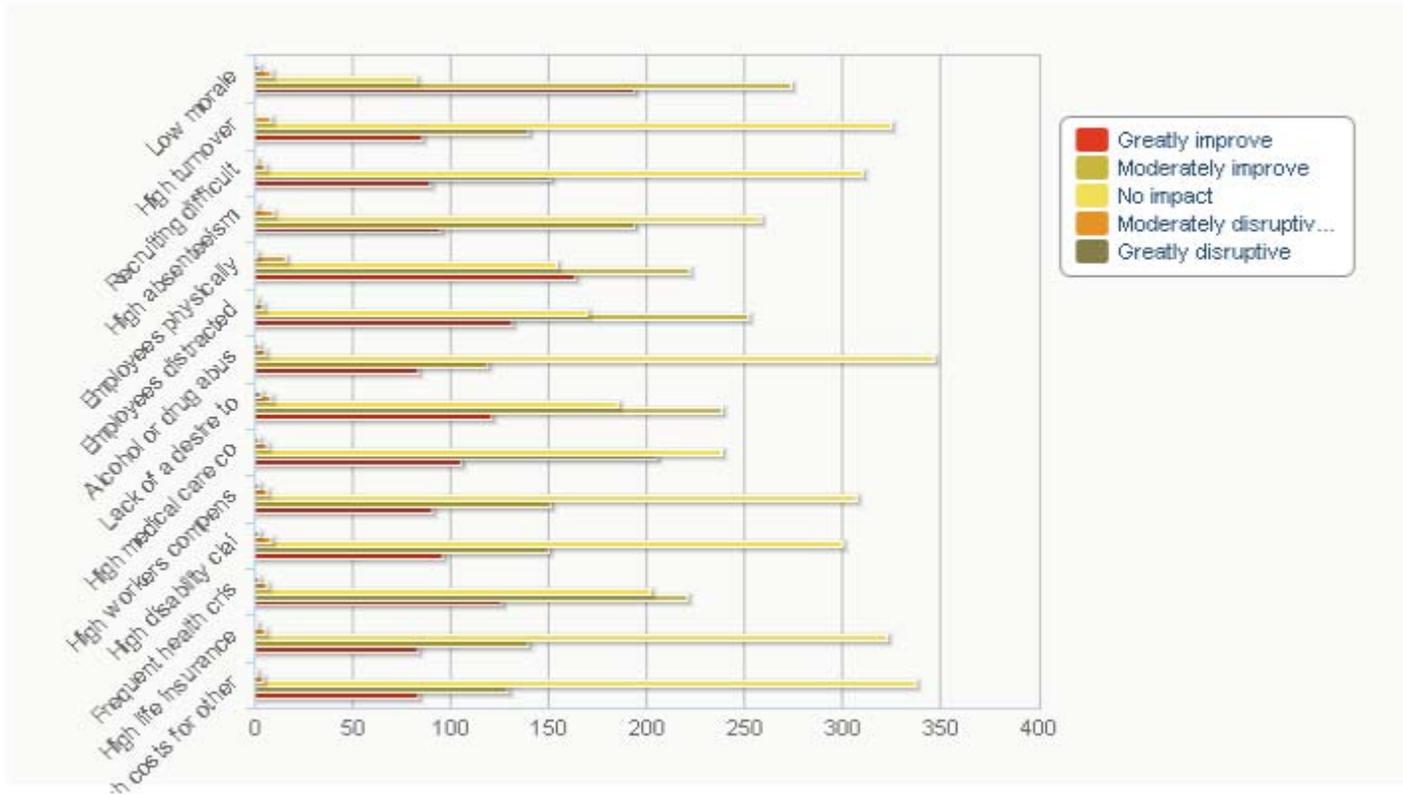
	Greatly improve	Moderately improve	No impact	Moderately disruptive	Greatly disruptive
Low morale	<input type="radio"/>				
High turnover	<input type="radio"/>				
Recruiting difficulties	<input type="radio"/>				
High absenteeism	<input type="radio"/>				
Employees physically exhausted	<input type="radio"/>				
Employees distracted by emotional problems	<input type="radio"/>				
Alcohol or drug abuse interfering with work	<input type="radio"/>				
Lack of a desire to work	<input type="radio"/>				
High medical care costs	<input type="radio"/>				
High workers compensation costs	<input type="radio"/>				
High disability claims	<input type="radio"/>				
Frequent	<input type="radio"/>				

health crises

High life insurance

High costs for other forms of insurance

(Respondents could only choose a **single** response for each topic)

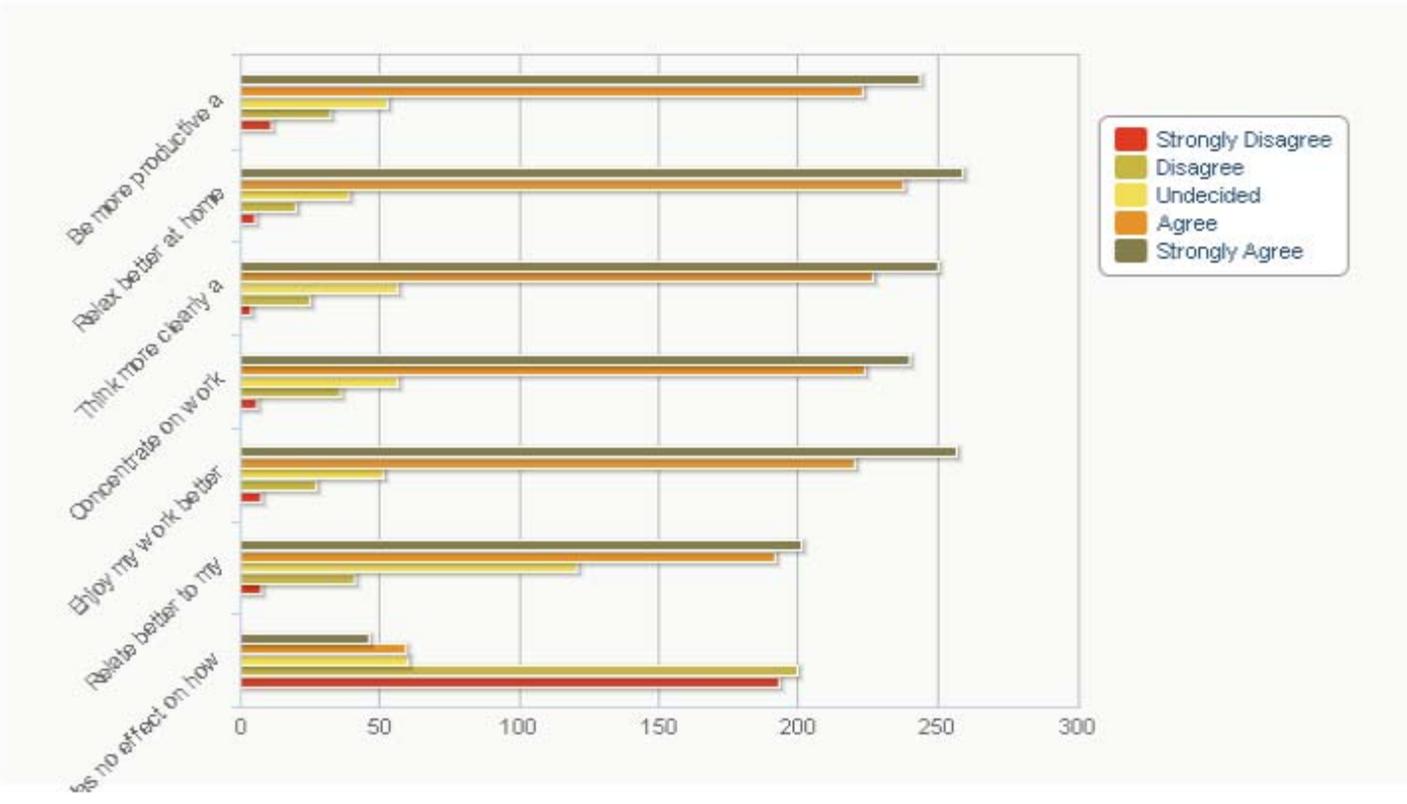


17. For the following items regarding employee perceptions about the relationship between exercise and work productivity, please rate each item below for the following statement. Exercise during the workday would allow me to:

	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
Be more productive at work	<input type="radio"/>				
Relax better at home	<input type="radio"/>				
Think more clearly about work-related problems	<input type="radio"/>				
Concentrate on work tasks	<input type="radio"/>				
Enjoy my work better	<input type="radio"/>				
Relate better to my co-workers	<input type="radio"/>				
Has no effect on how I perform at work	<input type="radio"/>				

:

(Respondents could only choose a **single** response for each topic)



18. For the following items regarding employee job satisfaction/morale, rate each item on the scale below.

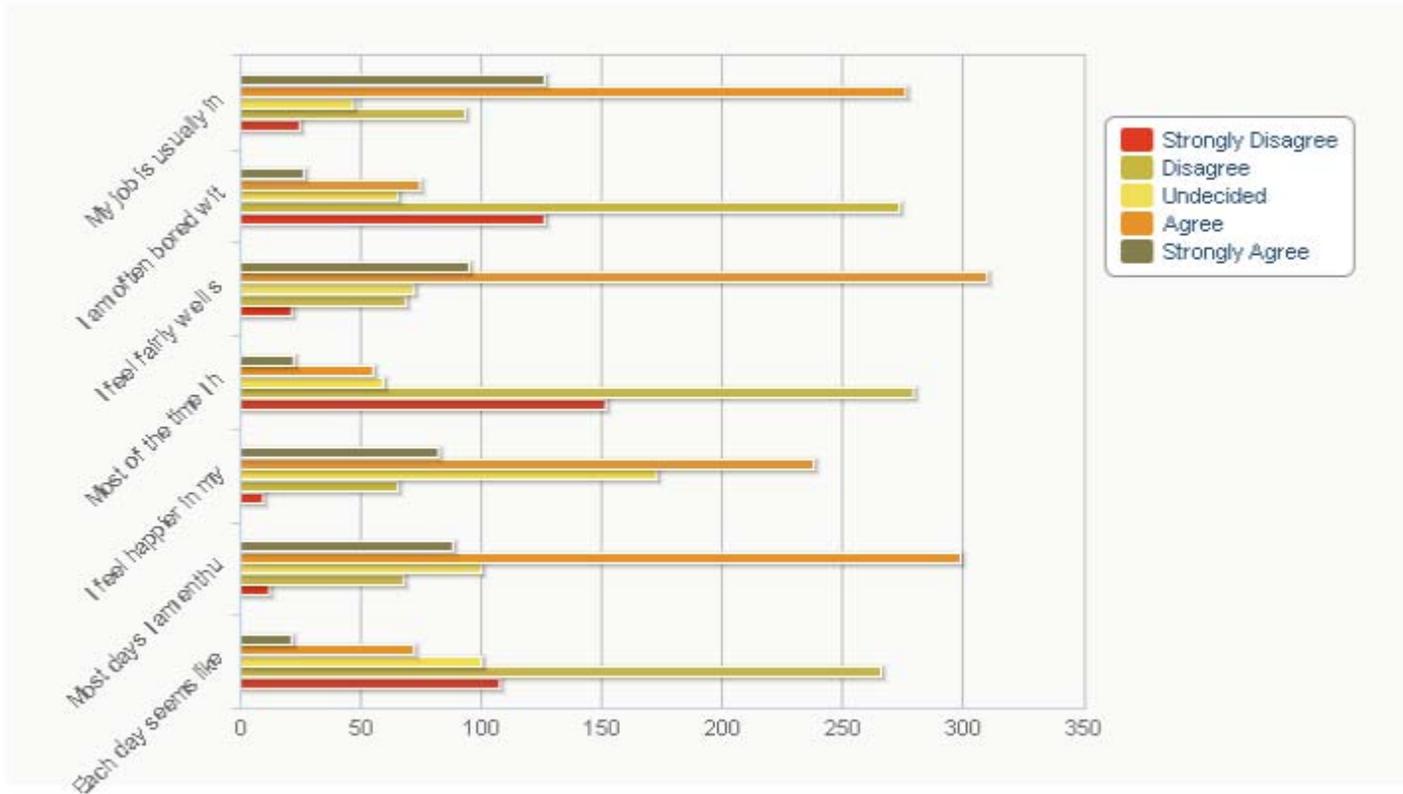
	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
My job is usually interesting enough to keep me from getting bored	<input type="radio"/>				
I am often bored with my job	<input type="radio"/>				
I feel fairly well satisfied with my present job	<input type="radio"/>				
Most of the time I have to force myself to go to work	<input type="radio"/>				
I feel happier in my job than most other people	<input type="radio"/>				
Most days I am enthusiastic about my	<input type="radio"/>				

work

Each day seems like it will never end in my work



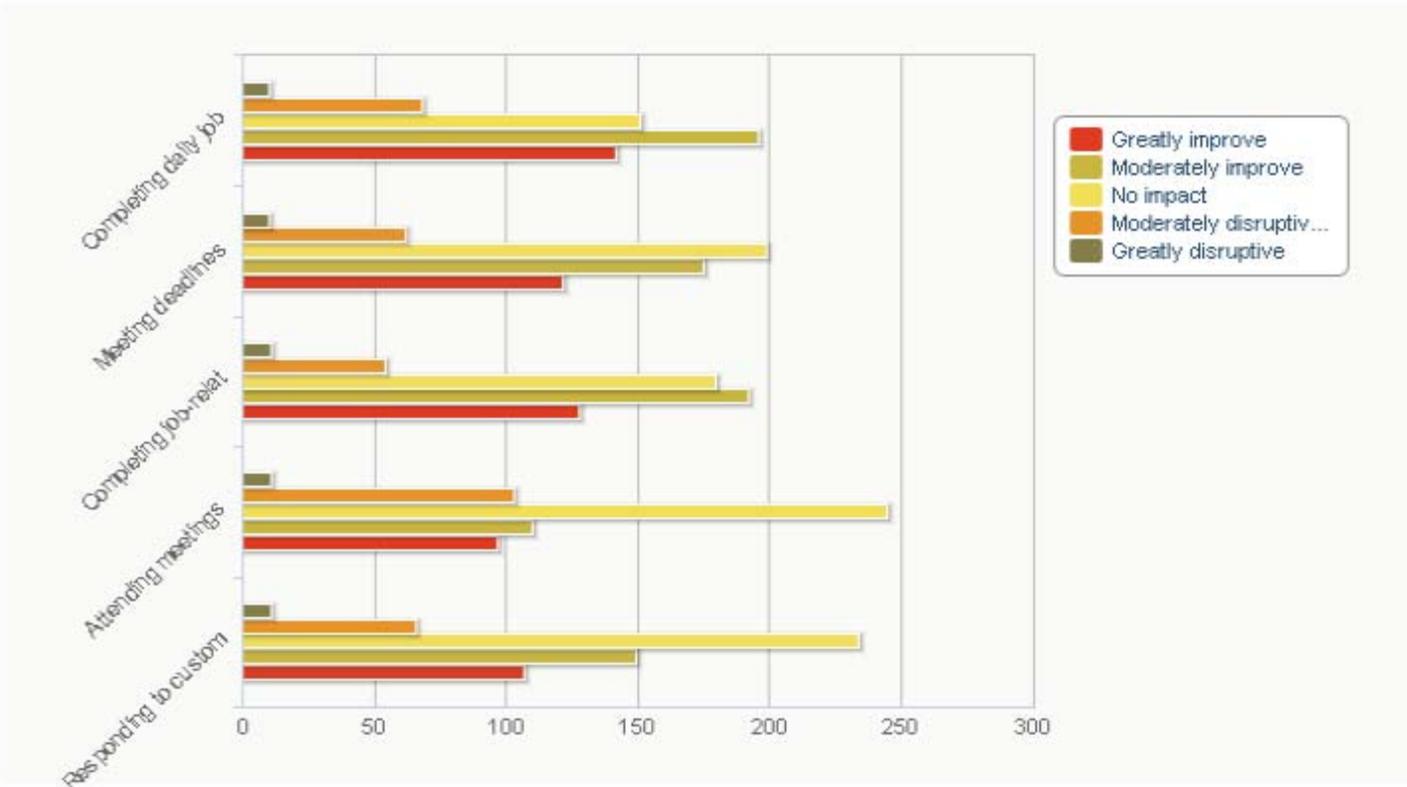
(Respondents could only choose a **single** response for each topic)



19. If employees were allowed to exercise during the workday, what impact would this have on the following? Rate on the scale below.

	Greatly improve	Moderately improve	No impact	Moderately disruptive	Greatly disruptive
Completing daily job-related tasks	<input type="radio"/>				
Meeting deadlines	<input type="radio"/>				
Completing job-related projects	<input type="radio"/>				
Attending meetings	<input type="radio"/>				
Responding to customers (emails, voicemails, site visits, etc.)	<input type="radio"/>				

(Respondents could only choose a **single** response for each topic)



20. Do you currently exercise as part of your workday?

- Yes
- No

(Respondents could only choose a **single** response)

Response	20%	40%	60%	80%	100%	Frequency	Count
Yes						29.6%	168
No						70.4%	399
Not Answered							4
						Mean	1.704
						Standard Deviation	0.457
						Valid Responses	567
						Total Responses	571

21. We would like to know the opinion of supervisors. Could you please provide e-mail address of your supervisor?

First.Middle.Last @uscg.mil _____

22. If you were allowed to exercise during the workday, do you feel the facilities are adequate and favorable for doing so?

- yes
- no

(Respondents could only choose a **single** response)

Response	20%	40%	60%	80%	100%	Frequency	Count
yes						83.9%	474
no						16.1%	91
Not Answered							6
						Mean	1.161
						Standard Deviation	0.368
						Valid Responses	565
						Total Responses	571

23. Why or why not?

16. 23. Why or why not?

Response
Air Station Cape Cod has excellent, well equipped and well maintained gynasium facilities. The Command provides time for exercise and encourages both military and civilian members to participate.
Joint Base Cape Cod has several of the best opportunities to successfully engage in individual and or group exercise activities. There are PT programs already in place for the Active Duty members. There is a Main Gym maintained by the Army, there is a raquetball court mainined by the Air Force, there are lunchtime and after work excercise classes, the Coast Guard has a couple of gyms with one staying open 24/7, there is plenty of safe roadways to run, job, bike, rollerblade, outdoor basketball hoops, tennis courts, softeball fields, there are serveral activities and sports leagues and road races offered by our MWR office for everyone, a pond to row on, one of the hangers has been converted into a Crossfit Gym and excercise space, there is a bowling alley, a nine hole golf course and in the Summer the pool is open for a couple of months. All of the above items are readily available on Joint Base Cape Cod. There are just as many if not more to add if you included off base opportunities. We are only limited by our imagination and or our laziness.
At Air Station Cape Cod we have great facilities.
We have a couple gyms here and a cardio room also plenty of land and trails for bikeing and running
Base Gym is run by the Army National Guard and not readily available for court related activities except basketball at noon. All the "workout" facilities are located on the Air Station side of the base; approximately 15-20 mins of the workout time would be in transiting to the facility which is a considerable distance away. During the better weather, not too much of an issue for outdoor aerobic related (biking, walking, running, etc) which can be done outside except for the lack of shower/changing facilities. CG operated indoor gym facility at ASCC is really needed to support healthy lifestyles of employees, AD and dependents.
We have a gym,a pool and a work out center and of course the base is a great place to wlak and run.
We have a number of gym facilities and ample room for outside activities at this base .
No on site trainers or aerobic instructors.
The base Gym is to far away from our office to be of use during the winter months.
There is a vast array of roads and paths I can walk and we have a great exercise room.

We have 2 fully operated gyms
There is a gym on the base and lots of room for walking.
I would generally go on a brisk walk during lunch. But, given only 1/2 hour for lunch, there is not enough time to eat and walk. If we were allowed at least an additional 1/2 hour to walk or workout, that would be sufficient and beneficial and a great morale booster.
There are several gyms on base and a racket ball court. There are plenty of open areas to walk, run or ride a bike. Moderate exercise is good for a person's body and mind and would improve the quality of life of an individual as well as their mental attitude.
multiple gyms located on post
there are plenty of gym equipment.
We have 4 facilities with very good equipment to help with the workout programs and goals.
We are a joint base with multiple services co-located with multiple facilities that we are able to utilize.
We have several different locations to exercise as this is a joint base. We have a large gym run by the army, a gym at the air station and MWR provides lunchtime workouts but with a 30 minute lunch it isn't possible to participate.
The gym is very small and generally in use by AD members who are required to maintain a level of fitness. However, civilians do not have the same mandate and are mostly less active than the military members. Therefore, generally speaking, the lack of space and the sedentary lifestyle of civilians makes the current facilities inadequate. The use of exercise equipment, without proper training, by sedentary people could lead to injury. A walking trail would be perfect but is unavailable at Base Miami Beach.
MWR has spent a lot of money stocking the base gym with state of the art equipment.
At least, it has the minimum machines for an average workout. But it is not a good quality device.
U.S. Coast Guard Base Miami Beach has a gym, but c'mon...it's Miami Beach...South Beach!!! Get out and enjoy the sites and sounds of South Beach!
We have a gym in the building.
Equipment is suitable
There is a gym on base and plenty of area on and around the facility to exercise.

basic equipment provided to exercise, plus we can exercise outdoors.
facility has the necessary equipment needed to workout.
Yes, they have the necessary equipment. The only challenge might be the increase of employees work-out.
A small GYM is available within the building complex.
The space were exercise equipment is not adequate. It does not allow for groups larger than 4 to workout wiht enough space to feel comfortable.
I wouldn't mind working out during the day at all. The facility is great in the building but I just like working out at my gym where no one knows me. Here people know who I am and they ask questions about work and that disrupts my workout. But, I am encouraging my employees to use this new civilian workout system. I know a lot of them like to work out downstairs in the building so this is great. I think this is fantastic even though I won't be using it.
We have several options for working out during the workday, i.e. cardio equipment, weight training equipment, basketball courts, fitness dvd area, outdoor running availability.
I feel the facilities gym will be adequate for my workout routine.
The gym on base is of adequate size and has enough equipment to provide a member with an adequate and varied workout scenario. The swimming pool is of good size for adequate exercise. Where the base is located, walking, cycling and running/jogging can be accomplished safely and at most times during the day. Other avenues are available as well within a short distance of the base (beach, fields, parks, etc.).
Dont care about exercising on base or any other facilities.lam here to work only.
We are not co-located with any other military units so the closest USCG or Navy gym is about 15 miles away. We do have a basketball goal on-site and members utilize it 1-2 times a week for exercise or members use the tennis courts at the college next door 1-2 times a week. Other than that it is on the member to maintain a nearby commercial gym membership at their expense or travel the 15 miles to a military facility.
Yes, we are at an ESD - the gym here at the Sector is very nice - weight, equipment, treadmills, etc.
At my work place there is a new gym which is very nice. This encourages members to want to workout.
We have access to a Volleyball court, a gymnaseum, and olympic size pool.
Located a block away from an exercise place.
Work at MWR Gym!

I work at MWR with offices above the base gym but also live on the most beautiful island with a lot of hiking, fishing, and outdoor activities available to us.
cost cuts has had a dramatic impact on equipment in servicable condition
We have an MWR Gym
Treadmills are available for a small fee in office building for bad weather days, and walking/jogging outside is easy.
We have a gym and a pool as well as lots of outdoor space in which to exercise
Base Kodiak has one of the best gyms I have seen during 30+ years in the CG. Facilities include pools with regular lap swim, spin classes, aerobic rooms, weight rooms, outdoor fitness circuit that no one ever uses, basketball and volleyball courts, mtn bikes and other recreational gear to sign out, free of charge. It's very easy to stay active during long, dark, crappy wx winters.
Base Kodiak has awesome gym, swimming pool, running routes....
I exercise on my own 6 days a week for about 1.25 hours per day in heavy weight lifting exercise, with some moderate cardio.
Facilities for me would be fine because I have paid for a membeship at a local gym. For those civilian employees who have not, there would be no workout facilities available to them. Juneau, AK is an extremely high cost of living area. There is no military base or any no cost work out/gym facilities here. I am lucky enough to be able to afford a gym membership. For those with lower levels of income, I think they would be more challenged to have adequate workout facilities.
We have a wonderful gym and pool to use and they are close by.
The Kodiak Base MWR Base is the best. It has all the equipment and room to accomplish your goals without the waiting .
Although it may improve overall moral and create a healthier workforce, I believe it will detract from productivity. If an employee is at the gym or taking a walk, then they are NOT productively working, they are not available to perform duties, they are not available for customers, and they are not avaiable for operational support. That is a fact. You can subtract the amount of hours spent exercising from the productivity hours. Additionally, managers will not decrease work assignments proportionally to this loss in productivity. So the end result is higher stress on the employees and a decrease in job satisfaction because work is not be accomplished on time or is being finalized in an incomplete manner - stretched too thin.
Physical therapy department houses many workout machines taht could be sailty accesssed as well as a comprehnsive gym facility on base.
There is a gym within walking distance of where I work, and a baseball field. No excuse not to get out and exercercise.
Base Gym is equiped with low impact machines, weights and pool.

I honestly do not know, with my job they might not be I have no idea I would hope so it is a good stress reliever and this job can be very stressful
Excellent facilities on base.
We have the best gym in the Coast Guard.
BASE KODIAK has a full service gym that includes all of the machines and areas for me to combine cardio and strengthening excersizes. BASE KODIAK also has a full size pool that offers lap swim opportunities throughout the week
There is a full gym here and a swimming pool and a basketball court.
Base Kodiak has a fully equipped fitness center and plenty of space available.
We have a gym with good equipment as well as various work out programs in place. Also there is a great area to run off base.
Very old equipment, space is not on cleaning contract nor is the locker room.
There is a good gym here at Station Canaveral.
I exercise at home after work. I believe it's an excuse for anybody complaining they need or don't have time to exercise while at work. Time is allotted for individuals to exercise on Tuesday and Thursday mornings but believe many of the individuals do not use this time to exercise and only come in later. Why do I state this. Because they will still either go out and workout or say they are working out. Bottom line: each military member is responsible for staying in shape to do their job. If that means doing it after work hours, so be it. It's part of the professionalism and duty of a professional military person.
We have a gym on the ground floor of our building.
Equipment has been declared unsafe, old, molded, etc...
There is a adequate gym located in the building. Additionally, a cross-fit class is available for members but begins at 1500 daily.
Strength / Weight Room well stocked with new equipment although crowded at normal workout times such as morning/lunch. New treadmills available for indoor running. Unsafe roads for external running.
Not enough shower facilities.
Insufficient resources to allow all personnel to participate at the same time.
There is a small fitness center at our location equipped with both aerobic and strength training equipment to handle the amount of personnel assigned to include civilians. Showers are also available. Work out room is small and usually very crowded. Being a member of LA Fitness work out time is done after work.

No currently co located on a Military installation
WE have an awesome new gym, a beautiful waterfront and amazing weather.
New workout facility has been adequately constructed and offers a good variety of equipment.
Great gym on base.
Sector St Petersburg has recently upgraded the Gym Facility, it is close to the Command Center and I can quickly go to and from and be back to work.
New gym to workout
There brand new state of the art facility.
healt reasons
There is a minimal gym at this facility.
brand new facility
We have just built a 2000 sq ft fitness center that is better than most commercial fitness centers and is by far, the best I've seen on a Coast Guard installation. (Including Yorktown)
unit has gym
Complete gym located in our building.
The facility is clean and the equipment is new.
We have a great gym.
Yes, BUT, the bathrooms need better ventilation or some kind of fan. It becomes very hot, humid and moist in the women's locker room which makes getting ready for work in a timely fashion unpleasant.
I have seen the facilities and know that they are improving the facilities every chance they get.
Not nearly enough lockers are available
The weight room has good equipment, but is cramped and could be a little cleaner. The surrounding area for walking and running is nice once you get out of the construction area. Access to a gym requires participant to pay a small fee to play basketball - perhaps there is some way the employer could pick up the costs.
The building I work in has great gym facilities and there are plenty of areas outside of building to run, walk, or bicycle.

Our workout room is excellent!
Facilities in the building are adequate for working out.
The District is located in the Brickell Federal Building which has a nice fitness center available to all federal building employees.
Here at D7 we have a great gym filled with all types of exercise equipment.
We have a gym in the building that's easily accessible.
Our unit has a facility that's well equipped well maintain. It is open to all assigned personnel but mostly used by military types. This is due mainly to the fact that some supervisors would not allow civilian employees to make use of the facilities as part of the work day.
I bleive it would pressure me into following along so that i can be more dependable to my unit.
I preferred the past setup, however, where the gym was located in the same building where I worked. Walking over to the gym takes out a chunk of time that could be used to exercise and not be away from the office as long. However, I am glad this program is being considered so that we might be authorized the time needed to walk there and back, yet still get in a good work out. Thank you!
I feel the gym on the campus is equipped with all the excercise equipment I needed to strengthen muscles and improve stamina (i.e. bike, total gym, weights, lyptica machine, etc.).
N/A
I see we have 3 rooms for different inclass activities and a court for both volleyball and basketball, we also have treadmill and bike station, and weight room. We also have great shower room and locker. I love our gym.
Location and great equipment!
There are a variety of exercise rooms and showers.
1. While there's a lot of great equipment at the gym, it is poorly laid out. 2. There needs to be an activity schedule for the basketball court (similare to a YMCA). Too often, I show up to play basketball and there's a volleyball net there - but not consistently. 3. For hygiene reasons, the gym should provide towels and a hamper so they can be washed. Otherwise, folks are hanging towels they've been using for weeks at a time in their cubicles. 4. If using the gym requires registration, registered users should be assigned lockers. For the purpose of cleaning, we can require that the lockers be empty from 1600 every Friday to 0600 every Monday. 5. If any future plans for the campus allow, it would be great to have a pool - low impact for folks with bad backs/knees/shoulders/etc.
need swimming facilities

Brand-new here at St. Elizabeths.

i really don't know. I prefer to exercise after hours and considering the walk haven't decided to pursue going to gym.

I haven't seen the new facilities. I'm hoping the new facilities are adequate and favorable. I have not heard any complaints.

civilians are discouraged from using them

I am at Headquarters with a brand new fitness center. Wish we had a pool.

When last I visited the gym, there were many stair master, but not a single elliptical, which is the best machine for cardio for me, and the others are harder on my knees.

they're, like, a million miles away. walking over and back kills your lunch break

Because there is no storage for workout gear or toiletries at the changing and showering facilities, I have to carry two complete sets of clothes (workout clothes, and clean clothes) plus toiletries, towel, etc., a very long way between my desk and the gym. It's inconvenient to store these items at my desk, where I have little space and worry about them smelling bad or being visible to others, and it feels unprofessional to lug them through multiple floors of work space past my co-workers and clients. Because the gym is a long outdoor walk from my building, this means I also have to carry a winter coat or other outwear through the same spaces. That adds to the above inconvenience and discomfort. The long trek to the gym adds even more time to the workout / cleanup routine, meaning I'm away from my desk longer. I have too much to do: I can't spare more time. I can't stay late to exercise, or to make up time after exercising, because the St Es location forces me to carpool, and also makes my commute much longer. Again, I don't have the time.

I do not know as I have not seen the facilities.

Yes, the gym is not too far from my work station and that would make my work day that much better.

The gym is not in the building as I would be accustomed to but it is not a very far away and it is a nice facility.

We have recently relocated. The facilities are very nice.

The new gym at HQ is terrible. The set up of the cardio machines is bothersome since everyone walking into the gym has to pass right by the cardio area. In addition, there are no tvs for the cardio machines and there is no cell service to make use of other media options. The weight lifting area is very intimidating. Finally, the campus around HQ does not feel safe. I use to run around Ft. McNair all the time but now I don't feel comfortable running outside, which I prefer. I use to work out more frequently at work before we moved to St. Elizabeth's. Now that I don't feel comfortable working out at work I am worried that my health will suffer which will effect my work.

Facilities are adequate, however location of the facilities adds an 20 minutes to the exercise time.
I hear the St Elizabeth's Campus has a new exercise building. Haven't visited it yet but sure it is adequate. I ahve co-workers that use it and have heard no complaints.
See below.
great new gym at CGHQ - just not enough time in the day to workout. It would be great if leadership set a better example.
The gym is very good and has a varity of different machines and classes.
The new facilities are wonderful. But, they are missing key components to provide a proper workout. Fans, Water fountains and T'V's would be very helpful. The treadmills are facing a blank wall. It's hard to keep yourself motivated and occupied in that enviornment.
Brand new fitness center at CGHQ.
The new HQ gym seems adequate.
Close to the fitness center
Plenty of space to conduct physical activities in order to accomplish your needs.
I'm assuming an elyptical machine would be available for my use. But actually I don't know for sure since I don't know what equipment will be available.
Only issue is the time it takes to get there, change clothes, and then shower and change clothes again. This leaves little time to exercise if we strictly stay within the hour window allowed.
The new gym has enough equipment to support a relatively useful workout plan.
Facilities are new.
The HQ gym has enough Aerobic, strength equipment and court to carry many different forms of exercise
Brand new, well equipped gym on base.
Great facility. Major drawback is that it is rather far from my office space and uphill. By the time I get to it, I have already done my walk, hence the lack of use on my part.
Civilian employees have no readiness/fitness standard to maintain for the Coast Guard, thus should excercise should they desire on their own time not at a cost to the American tax payer. There has been no Coast Guard sponsored longitudinal study measuring increased performance as a result of time off for exercise and supporting the same. There instances of civilian employees excercising 2& 1/2 hours a day, 9 days a pay period resulting in having 1 week per month/40 hrs solely for excercise, or 3 months off a year while at work to exercise a significant cost to the Coast Guard, ex. mid level GS 13-14 would

cost \$150 per day, \$750 per week, \$3000,00 a month, \$36,000.00 a year not figuring other benefits associated in the member's pay and the fact that it could time card fraud, validating being paid while in nonwork performing status...if the position allows that amount paid time-off to exercise with demonstratable increased performance the position in all likelihood needs to be reevaluated, or possibly reduced to other than a full time equivalent. Because an employee chooses to have integrity, perform work, should they receive less time off or be compensated in kind by choosing alternative to exercise for the same amount of time-off per pay-period? Honesty we are being paid to make positive contributions to the Nation, the Coast Guard, the American tax-payer, and within our sphere of influence daily...not to see how much we can get over on the system, work to the pure benefit of self rather than the greater good of the organization. If a supervisor should choose to disallow the aforementioned hypothetical scenario after having tolerated it in the workplace they would in all likelihood be faced with an EEO complaint of the disgruntled employee, thus many just turn their heads and don't hold they're employees accountable. It would be far cheaper to buy these member's a Planet-Fitness membership and allow them to exercise on their own time should they have the desire to exercise. Or if they're really committed to exercise get up earlier or stay up later and do it on your own time. Survey Questions (note:) 8. The following items are about activities you might do during a typical day. Does your health now limit you in these activities? Most employees typically don't move tables or vacuum, or carry groceries during course of their workday. 18. For the following items regarding employee job satisfaction/morale, note: if a civilian employee is that disenfranchised with their job they can personally choose to leave the situation and seek other employment.

The HQ Physical Fitness Facilities are managed by a true professional, Ms. LaChance. I've observed her working very hard to ensure USCG employees, who can workout during the workday, have the very safest, varied, challenging, and accommodating environment she can possibly provide. I'm not ecstatic about the location of the Fitness Facility, but, hey -- at least we have a Fitness Facility. And, the new security requirements for entry are going to impose an extra layer of conscious prep prior to reporting to the facility, but, once again, Hey -- we have a Fitness Facility! I would REALLY enjoy an opportunity to be able to use it as a part of my workday; I KNOW that I would become 150% more effective during my time on duty. Thanks for asking!

In response to #16, none of the items listed are a problem. So, considering they are already good, it would be likely that an exercise program would only improve an already good situation. Knowing we are encouraged to exercise and take good care of ourselves somewhat completes the circle of a well-rounded top-notch place of employment - exactly what the Coast Guard is. In response to #19, we typically meet our deadlines and already complete projects on time. Attending meetings and responding to inquiries is also promptly accomplished. The daily job-related tasks may greatly improve when you feel invigorated by a good workout, not that they wouldn't be accomplished otherwise, but it is motivating when you feel encouraged to work and workout. In response to #23, our gym is new and offers exercise equipment and classes. Instituting a workout program also increases the "informal" communications needed to make an organization successful. Remaining in your cube for 9 hours doesn't create the needed discussions. Many issues are resolved in the hallway, cafeteria, and gym.....

The gym facilities are great. I probably won't use for a while; I prefer to walk outside on the campus or inside the building (with 9 levels, there's no shortage of stairs!)
The fitness center at CG HQs is state of the art with the latest exercise equipment. In addition, exercise classes led by qualified instructors are also provided; providing a holistic approach to fitness and well being.
Wonderful facilities for exercise; logistics associated with the distance from work station to fitness center and back adds to the time away from my desk, limiting actual exercise time.
Too far, uphill to go, shower and locker room cleanliness, transporting appropriate clothing back and forth from home to work.
To far. Would take to much time to walk to gym, exercise, shower, than walk back to office
If civilian members were allowed to work out douring the workday, i believe there would intially be a big turnout--which would overcapacitate the facility. However, as time passes and as people start exercising at different times of the day, the load capacity may level out.
No exercise rooms in the building like we had in Jamal.
The facilities are far enough away that it takes 15-20 min to walk there and back which takes up the time available to exercise during the day and too much at the end of the day.
The gym takes too long to get to, so by the time you get there, exercise, and shower, you've take well over the allotted one hour time period.
Great fitness center. Excellent locker facility, proximity to work, good range & quantity of equipment. Variety of classes throughout the day. Outstanding fitness center manager.
New fitness center at St E's.
The gym is located a 10 minute walk from my workspace. It is always crowded because it is not large enough to accomodate the number of people that work out.
We have a great new gym at CGHQ which I have toured. It lloks like it would be an awesome place to work out.
N/A
The Gym at ST Es are more than adequate to do any physical activities.
There is a locker room with lockers, showers not sure if there is enough equipment to go around if more employees were given the oppportunity to exercise.
No treadmills (at least there weren't any when I visited the facility after we moved here).
There is a huge gym on campus.
I don't currently use the fitness center, my staff who use the facility indicate that is it adequate for exercising during the day. However, my primary interest would be to play racquetball and I understand that racquetball courts are not part of the facility.

It's equipped with free weights as well as weight machines and has many group exercises for personnel to participate in.
Beacause the Gym has updated a equipment and is a fairly good size.
Nice facility, but being in separate building is problematic--wastes additional time and weather problems during inclimate weather
I think being able to workout during the workday, has to be balanced with the job and job requirements.
Nice facility. A little far from my office, but manageable.
But, with the gym/shower facilities located quite a distance from workspace, the workout time will be extended by at least 1/2 hour.
facilities are great- people can use it- just make the time and do it.
Facilities is small. I have a routine and if I go to gym at the wrong time many people the using equipment and have to wait. Often I have to forgo the routine and do what I can in 1/2 hour.
Brand new facilities at Hq.
Great facility, incorporating cardio, weights and classes.
Brand new Gym facility at the new HQ location. Should only help to improve conditions for those that exercise frequently.
Fitness center and shower facilities are too far from the building. It all takes too much time.
Gym facilities are adequate. However they're about a 10 minute walk away. If a shower and changing takes 15-20 minutes, there is 40 minutes gone not counting the actual exercise time. But if 90 minutes were allowed 3 days a week, this would still be sufficient for 3 decent days of exercise. I would likely do so at the end of the day, when work would not be impacted since most folks work an early schedule and my last hour or two is generally in a near-empty workspace. Flexibility of the time in which we could participate would be much appreciated. Lunch would NOT be the best time, at least in my work environment with meetings stacked throught the middle of the day.
They are favorable to do so but the floors in the locker room are very slippery.
I am a frequent user of the gym at HQ and I participate in ultimate frisbee at lunchtime
I've seen the new facility and it appers to be quite adequate and wide-ranging in exercise options.
The gym is far from where I sit in the building, but it is adequate.
I would have been nice to have the gym in the bldg, cause most people have asthma, or a walking condion and is unable to walk to the gym or be out in the cold.

well yes and no, because there are free well equipped gym facilities available, which is an incentive; however, trekking over there, not so much when the weather is bad, and there are time constrains.

I work when I am at work. I do not know what facilities are available for this.

Huge area to walk and get fresh air, a gym and showers. Really no reason you couldn't work out if you had the time.

Would like to see showers added to the changing so individuals would not be forced to make to trek up to hill to the fitness center....

The facilities has all the amenities of a regular gym. However, it could stand to have a little more equipment if this program were to be made mandatory. Otherwise, the facility's equipment will suffice.

Although I have not personally visited the St. Es fitness center I understand from others that it is quite a nice facility.

In coming to this facility from Jemal I was forced to chose between the lesser of two evils; a 2 hour metro commute or a 1 hour carpool commute. I am in a carpool. Not counting the workout time the time to walk up and back to/from the gym and shower time would be approx 45 minutes. If workout is 30-45 minutes that is an hour and a half out of the work day. Being in a carpool, I cannot stay late to make up that time. In Jemal I would drive in early, work out 30-45 minutes 3 days a week, and be at my desk just about normal start time. The time loss is compounded by the availability and proximity of getting lunch. So overall what has happened with the move to St. E's is that I can no longer workout as part of my day and honestly after a day here when I get home I am beat and do not feel like working out. Also, if I forget to bring my lunch I do not get lunch as I cannot afford the time back and forth to the cafeteria and I do not have excessive time to wait in the line at the café. I believe that the move to St E's has been detrimental to the overall wellbeing of the staffs.

The new gym at CGHQ--St Es is excellent...plnety of options and organized classes. But I wish they would fix the ventilaiton, the men's locker room needs work in this regard.

The gym is approximately 15 minute walk to and from. SO there is 30 additonal minutes added just to get there. Say 30 minute workout and then 15 minutes to get dressed. It just takes time. It would be nice if an annex workout room could be provided in one of the dressing rooms in the building. Thank you.

I use an ERG the facility has 4.

However, more equipment (e.g., stepper machines, free-weight benches, universal machines, etc.) and racquetball court could be provided.

Because the Gym is so far away. You have not consider4ed anyone that might have a physical disability that might prevent them from walking the 300+ yards up the hill to the gym.

CG Headquarters has a dedicated gym facility and a large campus for running, walking and other outdoor exercise.

I know this isn't the correct box for these comments but you've made assumptions that aren't true. 1.) There aren't high levels of turnover. 2.) It is rare for a civilian to leave unless they retire. 3.) Most recent retirees have had 40+ years of service. 4.) Diability cases are exceedingly rare. 5.) Drug and alcohol

problems are almost unheard of. 6.) Workers comp is also rare. 7.) We make enough so the costs of insurance and medical care is not particularly onerous. Please correct these misconceptions.
The facilities are open, plentiful, and easily accessible by many persons. My only negative is travel distance to and from the facility. It takes alot of time to get there and back. Does not leave adequate time to actually exercise, shower and dress.
although, it is in a separate building...and it takes time to go to/from the facility...and if you forget something you can't simply run upstairs to get it. Also, no data connectivity inside the gym, so using smartphone/tablet while working out is limited [minor irritant] Need more water fountains...
Nice gym
Because the employee feel refresh and motivated.
We have a brand new facility to work out in and outdoor paths designated for walking/running
Facility appears to be adequately equipped for exercise. However, the facility does not appear to be large enough to accomodate a large staff of civilians receiving authorization to exercise during the normal work day. Civilians are being paid to work not for personal exercise sessions.
Some of the excersice class schedule are very limited. e.g. Yoga classes.
The gym at HQs is a bit far from my office but I think that in an hour I would have enough time to get there, exercise and get back. Also the gym at St.Es is great. No complaints with it!
Brand new gym and tons of walking paths on the St. Elizabeths campus.
The facilities are clean and have the equipment necessary to exercise.
New facilities at St Elizabeths are a huge improvement over old CGHQ
The gym is excellent. The only thing that would be nice to have is a reasonable athletic field outdoors. The one at "The Point" is too small and chewed up from soccer and Ultimate players trying to fit games in back to back.
Brand new fitness center.
Facility has everything I need.
Gym is adequetely equiped for my needs.
They are not physically located within CGHQ. Not convenient. Going through security is a hassle.
Good classes and activities scheduled.

<p>The gym is not consistently cleaned on a daily basis. The shower stalls have hair, gunk, and gross residue in them. The gym facilities are small for the amount of members working at CGHQs. Additionally, the gym is in a constant state of repair due to poor craftsmanship. The roof leaks, doors don't open properly, etc.</p>
<p>The gym is brand new and well equipped. There are also plenty of places to walk or run.</p>
<p>Facilities are slow to come up to speed, but they appear to be working on rolling out the equipment.</p>
<p>They are brand new at the St. Elizabeth Campus</p>
<p>Exceptional facilities. Brand new here at new Coast Guard Headquarters campus; state-of-art.</p>
<p>It's adequate because it's convenient.</p>
<p>We've got a brand new facility built for all of DHS and it is just the CG here to use it.</p>
<p>I don't want to climb a hill or go outside.</p>
<p>Need more free weights. I am not allowed to use treadmills or running.</p>
<p>brand new, with a lot of space.</p>
<p>Facility is complete, with showers and changing rooms</p>
<p>The facilities has all that I need to get a good workout.</p>
<p>Location is not convenient.</p>
<p>St Elizabeth Campus provides paved sidewalks and streets for walking exercise.</p>
<p>The facility has a fitness center and gym with showers available, and there is plenty of space to walk/jog outside.</p>
<p>Completing the requirement to engage in 180 minutes of moderate intensity aerobic exercise is going to be extremely challenging due to distance between the location of the workout facility and my work location. Policy provides for 3 hours of excused absence per week to complete the required exercises (assuming a moderate level of aerobic intensity). This will require me to combine my 30-minute lunch break to cover the extra time required to shower, change clothes, and travel to and from the workout facility. Policy requires fewer minutes of exercise time if an employee engages in high-intensity aerobic exercise; however, since I have not exercised in a while, it would take me a little time to build up my endurance to engage in high-intensity aerobic exercises.</p>

I really don't have an opinion about this. I haven't been to the gym so I don't know. But I think I would have at least visited it ones if it were in the main headquarters building.

Yes, the CGHQ Fitness center is nice. More aerobic machines would be great.

Facilities are more than adequate. Frankly, I have rarely seen better facilities, outside of Division 1 athletics to FLETC.

They are located to far from my office. They are located in a seperate building and the walking distance would take up most of my allotted workout time.

I haven't been to the facilities yet but the time it takes to get from the lower levels of the main building to the gym and back takes up almost 30 minutes which only 30 minutes to work out, cleanup and get back to work. And to do all of this during the work day seems counter productive. I'd get stressed out just trying to get back to work quickly.

I don't know, haven't been to the new gym. I hear it is nice but due to a previous injury, not obtained when I was in the employ of the CG, I am unable to run or lift free weights. My doctor recommends I swim laps for my aerobic and anaerobic exercise we do not have that on this campus. There is one on JBAB but an hour would not be enough time to get over there and back without impacting my workschedule. I walk the building now for the exercise and will be able to walk the campus once the weather is better for outside activity. If afforded the opportunity to work out for an hour without it having to be added onto my work day I would definately take advantage of this opportunity.

Yes and no. The facilities (buildings and design) are too inefficiently designed. There would be too much time wasted just getting to the gym, changing out, and returning.

I could use a quiet semi private area away from the athletes and jocks because I am very overweight and totally out of shape. I am embarrassed of my present condition and would like to work away from the fit and weight-average people while I do stretching and floor exercises as I work my abilities up to the nautlis machines and treadmills. At present, I would use 2 to 5 lb weights which is beyond the machines so I would use my own. Thank you for asking.

Yes! Sometimes the women's locker rooms are packed - too few benches available and a bit dirty. Overall, however, the move to our current HQ location has totally changed my attitude toward work because I have been using the gym facilities daily and attending classes like spinning, piloxing, and occasionally yoga. I have also adjusted my diet recently as well. I am able to focus more at work and maintain a positive attitude as a result.

There are pieces of equipment missing in order to properly do my workout the way I do it at the gym near my house. I understand that there is limited space and limited funds, but certain pieces of equipment are important for all around fitness. In addition there are pieces of equipment that are rarely used by anyone in the gym. Just my thoughts.

Within walking distance and provides adequate workout equipment.

The new gym seems very well equipt.

They are brand new! I would love to work out during the day, but that is not something that

management embraces or encourages at all.
The fitness center is fairly new, opening around the same time as the rest of the St. Elizabeth's/USCG campus.
New facility.
Locker facilities are always clean; and there are several showers, lockers, etc.
i facilities are fully equipped with showers
They have showers, locker rooms, gym equipment, and open space.
The gym offers numerous classes that I would be interested in taking.
No, the facility is too far to walk and there is no parking where folks can park especially handicap. The facility was not built for handicap involvement or handicap participation.
New headquarters building has a full gym available.
Yes, though I've only been to the gym one time.
Facility is too far away from work site. It takes 20 minutes from my duty location to even walk up to the building. Not encouraging for members who have limited time to work out- or even participate in one of the classes. Also, recent bad weather prohibits outside activities as well with the gym so far from our work site.
Close proximity
Yes. The HQ gym is very nice.
I believe the facilities are adequate but the time it takes to get to the gym/dress/exercise/shower/dress/return to office...too much time has passed and it feels as though your are out of the office too long...it wasn't like that at Transpoint/Jemal. With the acceptance of exercising during the work day maybe this will not longer be an issue.
While the HQ has a gym, it takes too much time to walk to it and back. Example - it takes ~7 minutes for me to walk to the gym (14 minutes round trip). A hour workout schedule breakdown would normally be: - changing to workout ~ 5 minutes - shower after the workout ~ 5 minutes - changing at the end of the workout ~ 5 minutes Out of an hour allocated for a workout, ~ 15 minutes is prep time and not workout time. But that still leave 45 minutes for jogging. However, when the walk to and from the gym is factored in, the actual time available to workout is reduced to 30 minutes. So I opt out of walking to the gym and instead change near my work area. Unfortunatley that means I don't get to shower at the end of the run (which my fellow workers have really learned to appreciate). Having a gym is great - but when we decided there would be no showers in the building and instead that it's more efficient to make

civilians walk the additional distance to even start their "hour" workout, somebody had their head stuck up in a dark and damp place.

New HQ gym at St. E's is great

They seem to be nice facilities but they are too far to utilize without taking elave.

Its great that the USCG HQ can offer excersice classes and a new gym for a variety of activities.

Too small and too far removed from the workplace.

CG has a huge gym that offers so many different exercise activities. It's better than most commercial gyms...but has no pool. :(

I am limited to what I can do due to the distance/time it takes to simple get to the gym. The equipment in the gym meet my needs, but shower facilities in the work areas would be a big time savings instead of having to go to the gym, change, workout outside, go back to the gym to shower and change, and then get back to my cube.

The new gym is beautiful. thought it's a bit far from my worksite I would like to be able to use it during the workday.

They are new facilities. I have never seen them because it would take at least 10-15 minutes to get to them. I would use up my whole lunch just to see the facility. The cafeteria is further away and I have not gone there either. I would never workout at work.

Those that work on the most lower levels of the complex require additional time to get to a workout facility or showers. It is great for the Levels 1-3; however, the lower levels is cumbersome. I would recommend adding some showers on each level when people run, they can shower and get back to work quicker.

The hills on the HQ campus are sufficient challenge for someone in my age group and physical condition; anything else is a bonus.

New facility with new machines for use. When I am there it is mostly empty.

The new facilities have adequate equipment as well as group classes that provide ample variety in physical fitness. The grounds are also available with walk/run paths.

We have a brand new gym at CG HQ.

New St Es gym facility has most aerobic and weight machines one would use, and sufficient classroom spaces. Locker room appears to have plenty of capacity for those who use it now. There is limited space within St Es campus for walking/running. Would help to complete the walking path all around the campus.

Because they are so far away from the work spaces

yes but they could be much better. the equipment is poorly kept and put in the incorrect positions.

Facilities at the St. Elizabeth's campus are still completing, plus the time to devote to getting to the facility, use it, then getting prepared to return to work would take too much time away from work. The work pace in CG Acquisitions, NSC Project in particular, is so intense that more than 15-30 min each day dedicated to personal activities such as lunch, working out, have direct impact in ability to complete all work in an 8 hr day.
Wide range of machines, training available. facilities may be crowded at times, which is annoying.
The USCG does this well.
the coast guard gym is great. many classes are offered daily.
We got a very good fitness center at the CG HQ site. It has a lot of equipments with classes.
New gym. Facilities look nice. I question distance running on the campus. Haven't walked entire grounds.
CGHQ has a great facility.
The new work out facility (GYM) is great.
the gym equipment is somewhat old but it provides a good variety. There is great variety in the workout classes available and the times they are available throughout the day.
New gym at CGHQ is great.
I do feel that there is enough space and equipment that I am able to get a decent workout in with the allotted time that this pilot program allows. I enjoy have the classes to take as well.
Yes, but it takes about 15 minutes to walk to the gym and get dressed to work out then another 15 to dress and walk back to work, leaving only 30 min at best to work out if an hour is provided.
The new fitness facility is set up badly in the showers/locker room - there should be rubber mats on the floors to avoid direct contact with the filth that quickly accumulates on it - the showers need to have their pressure increased, they are so high that only what amounts to a mist reaches you by the time the water gets down that far. It would also be helpful to place TVs in front of the aerobic equipment - it's very boring to use the equipment with nothing to look at.
I used to exercise (use stationary bike & motion platform) twice a day at Transpoint. I cannot afford that time now because of lack of proximity to fitness center.
plenty of equipment & space to workout just not enough time it seems
I have not been to the facility but understand it is excellent.
-Gym design is too compartmentalized--treadmills isolated. Why not at least make the glass that separates the treadmills from the basketball court and the ellipticals clear vs. opaque? -No swimming facilities for the U.S. Coast Guard. Really? How does this facilitate readiness? -Employees must swipe

in and out of gates at strange locations on campus while running. -Bike storage separate from work building and gym due to overkill security requirements. -No shower facilities in work building for commuters. Transiting from garage to gym to work space = inefficient use of limited time. Recommendations: -Coordinate with D.C. government to repair bike paths for egress-regress to campus. Especially those coming from the Frederick Douglass Bridge adjacent to Bolling AFB. -Cobble together the existing paths to create a few running routes that feature mile markers. -Task MWR folks to negotiate discounted rates or provide subsidies at local paddling facilities such as Key Bridge Boathouse--they have a new location near CGHQ/Nat's Stadium on the Anacostia. -Build swimming facilities on campus or adjacent to campus and negotiate discounted rates or subsidies. -Change glass in gym from opaque to clear for visual breathability. -Remove security gates from interior of campus. They increase labor costs and create no discernable security advantage, only hassle.

BRAND NEW GYM HERE AT HQ

Brand new facility. Well equipped.

They are new and modern, but would like more classes.

As the Coast Guard is the lead agency for Rescue Swimmers, the HQ should have a pool. Otherwise the athletic field has not come together yet at HQ.

Exercise is a personal choice that an individual has to control and take charge of.

Gym seems to be well organized and "stocked" with equipment. On the other hand, it's a long way to get to that gym, so I doubt I'd use it. Too much time to get there, and back. And, besides, who wants to go through the security deal an extra time during the day...it's enough that we do it just to get to our desks.

I do not believe the facilities would be large enough to accommodate the civilian workforce at HQ.

Location of facilities and time allotted to be available makes impracticable. Would need 90 to 100 minutes time to travel to the gymnasium, properly stretch and workout, then shower-dress and return to my office. As it is, my days with commute, which is limited to van pool, I leave my house at 5:30 am and return home at approximately 5:30 pm, 12 hour days. I sometime work weekend/holidays or complete govt travel on personal time, nights-weekends or holidays with no compensation or money or leave.

I love the facility, however the maintenance could be better.

I really don't know ... I'm still getting used to the new building.

I believe my supervisor will not allow me to work out because he will tell me I am not doing my 9 hours of work.

In addition to the facilities there are places to walk, run, bike, etc., after a workout in the exercise facility.

Each office sets their own policy on this issue. I used to work in an office that was VERY flexible and got some dynamite workouts. The flex time allowed me to workout during non-peak times, which maximized my workout (especially during the winter and cooler days I would run in the afternoon or late morning). There needs to be a set standard similar to the military who are allowed three hours per week to work out. Having this policy will help others workout and use the facilities more. Shower heads are designed for giants, they need to be lower at least three feet. Get the TVs hooked up for the cardio! Additionally, the location of the treadmills stink! Gets boring looking at a white glass wall.

We have a world-class facility.

New gym facility. Great running trails.

The CGHQ has a brand new gym that due to commuting obligations, I cannot use.

The gym looks great. I think it is a good place for employees like myself to work out, get healthy and energized for work activities.

Gym is too far away and has capacity issues. Walking/running paths are good.

I have used the facilities in the past (prior to moving to ST. E's) but now my commute is so long that I can't get to the office in time to workout and still put in a 9 hour workday. Being allowed to work during the workday we would be a tremendous benefit.

The facilities are adequate, however, I probably would not be able to use the facilities often due to the time required to travel the distance.

I would want adequate shower and locker facilities. These would need to be close by, so as not to interfere with work.

I understand that the new facility is very nice and accessible for everyone.

I would like to participate in wellness/exercise at work.

The facilities are too far from workstation and travels take you from inside to outside where the weather could be too harsh after exercising. I don't know, this could be an excuse for me.

The new fitness center is adequate for engaging in various types of exercise.

They could be larger to accommodate this new policy, that is if more people start working out.

The facilities here have a little bit of everything. So I think that it's a good thing. Some places don't have anything.

We have a solid gym here at CGHQ. The only difficulty would be in transporting work out attire back and forth from home considering the multiple forms of public transportation I must take.

St. Elizabeth's gym facility is large enough to house who wants to work out.

The facilities are new and function well and sufficient for the size of the current workforce.
New gym can barely hold the military volume of personnel - if you add civilians I don't think the old equipment would be sufficient
The gym facilities are very good. There is enough space, equipment and showers to enable just about any type workout and cleanup in a reasonable amount of time.
generally I would say yes but with the facility is located out of the building it's hard to get motivated to put on a coat or take an umbrella to go up the hill to the fitness center; it would be nice to have a facility within the building especially when weather conditions are not good to go outside.
The gym provides excellent resources for basketball, volleyball, yoga, and weight lifting. However, there are no outdoor volleyball facilities (sand court with fixed nets).
The logistics involved in working out during the workday would require an additional 60 minutes at the work place. By the time you leave your work space, change, get to the gym, work out for 30-40 mins, shower, change and get back to your desk, it's just a huge time sink.
The HQ gym is awesome though I wish it had wifi.
I've only been in the new gym once, but it seems nice enough. A pool would be preferable. Perhaps assigned permanent lockers (see below) would help.
The new facilities are nice although that favorability is offset by other issues. To get to the gym requires going through a security gate which will soon be duplicated with the card security at the fitness center entrance. The walk over eats up time, requires exposure to the weather which means bundling up with additional clothes to hike up the hill, and that tips the scales for me to generally stay put in the main building because it takes too much precious time out of an already crammed work day. I liked to head outdoors to go around Ft McNair prior to moving, but the grounds here are not inviting that way. So the inclination is to be indoors most of the time with fewer choices to exercise outside. The running paths require additional security gate clearance entry and exit. Going off campus is not a reasonable option as there aren't any other paths that are very desirable or safe outside the gates.
New gym has classes and machines available.
Gym at new CGHQ is adequate, but poorly designed. Shower nozzles at heights designed for professional basketball players, Really? Hidden waterfountains, really? Security requirement to get into the gym is silly, but so is the entire security posture at St Es.
The new gym layout and space is dramatically improved over the facilities at the old HQ building.
The new CG Headquarters has a new gymnasium with weight-lifting equipment, exercise bikes, rowing machines, etc. to provide several different kinds of workouts.
It's a brand new gym. However, as of right now, it's very hard to use because of the increased time it takes to commute to and from the new HQ location. Since our relocation I have only been able to use the gym once for about 15 minutes. I use to workout after work hours in the gym located at the old HQ location 2 to 3 times a week. Since the move to St. E I've had to join Gold's Gym and workout in the evenings when I get home.

The NEW gym is a great improvement since our initial move to Trans Point in 1979 (I am a plank owner) and then its subsequent improvement since Marianne arrived in 1989. This gym rivals that of Yorktown, without the racket ball courts, pool or steam rooms. The nature of one's exercise program evolves over the years. Hopefully as the gym comes on line more, there will be more diversity. My knees can no longer handle running or jogging, but can deal with the elliptical machines as well as treadmills as a matter of course.

But I hate to take the time to shower and get dressed all over again. Takes time.....

The proximity of the gym to the workplace is too far away. It takes at least 20 minutes to go to and from the gym plus showering takes up the entire 30 minute window of opportunity to get a good cardiovascular exercise in.

I don't really know, but you didn't give me that option for answering.

I would like to have flat screen televisions (3-4) in the areas where there are ellipticals, stationary bikes, tread climbers and treadmills. The Fort Belvoir Graves Gym has this setup and it works well. I would like access to a place where we can do squats, burpees, etc. with some mats available. I have only used the gym for the treadmill, ellipticals and stationary bike so far. I am trying to get on a schedule to do the classes that are available. Since I take the VRE and I am limited to what time the W9 leaves for the L'Enfant Plaza station, I would like to see some end of day classes (which may already exist) such as Yoga, Aerobics and Circuit Training between the hours of 1500-1600 or 1600-1700. Overall, I am just happy that I have the ability to work out onsite. I would love to have an indoor track upstairs for times when I want to run but don't want to use a treadmill.

its brand new

They are wonderful!

This is my supposition as I have not visited the facilities; however, by reports of others it sounds like they are adequate.

The facility is new and has up to date equipment and classes to participate in.

The Coast Guard should have an Olympic-size, indoor, heated Aquatic Training Facility (swimming pool) where people can swim (and learn to swim), dive, snorkel, do water aerobics, etc. during the work day.

Facilities are not convenient. The whole campus is inconvenient. Getting here is a real chore. We are working in a high maximum security facility that overlooks roofs. Where is everybody else? (TSA, CBP, the Secretary, et al. Just getting to work is a real chore... what were they thinking!! pretty much dread the commute. The saving grace is that we are allowed to telework. The job used to be fun.

new facilities. not as crowded as local gyms

I'm just not a gym rat. With 30 minutes or so every day to walk the building pathways or the campus when the weather's nice, I get plenty of movement and have found it to be relaxing and a great assist in

keeping me fresh in the office. It's also important to drag one's but away from the desk every hour or so just to move around a bit.

the facilities are new. I don't know if allowing civilians to take time to exercise would overload the facilities or not. Hopefully we would not have to work longer days to make up the time. Doing so would impact our commutes using carpools/vanpools, etc.

The new facility has everything one can need for a workout of their choosing.

Gym has adequate facilities and equipment. Outdoor field available but could use work to level it for team activities like soccer, flag football or ultimate frisbee.

I would love to work out at the HQ facilities, but it would extend my workday to 10+hours - plus the commute each way.

Yes, the new Fitness Center looks great. I hope the multi-purpose field will be finished this spring.

Brand new facility w/state-of-the-art exercise equipment.

Haven't seen the facilities

There is a gym on the campus.

The new HQ Campus employs state of the art exercise equipment which I feel is wasted on not allowing Civilain employees the ability to exercise. I am a past police officer whose job required, paid, and strongly supported daily workouts. I authored a study regarding the impact on law enforcement, stress, and ability to function when exercise was mandated. Exercise was detrmind to be vital for the well being of all employees in my organization. A supervisor who supports daily exercise will see a proportional increase in work output, high morale, better health, and an overall healthier lifestyle of not only the employee but the unit as well. As a reserve officer who supervises 10 civilain and reserve members I allow exercise while on IDT and AD status. Work output and morale has increased as a result so the ROI is achieved. I feel Flag Staff should mandate supervisors allow exercise on par to military members without re-precussions or taking leave.

The facilities here are available, not overcrowded, have adequate and varied equipment, varied classes and times. Not all employers or workplaces have facilities on site, so this is hugely convenient and makes exercising at all more available and more likely.

Great new facilities

Brand new, state of the art facilities.

Adequate gym and locker facilities.

Not enough space.

Depends on shower & changing facilities. It appears there is sufficient exercise equipment & programs.

Yes, but I think a better field for sporting events is needed. There currently is no field.

Fitness center at HQ is supposed to be very nice. Wish access to some of the strength training courses was better during the day [e.g., kettlebell training is scheduled only at 0600, not at all realistic for my limitations as a commuter]. PLEASE NOTE, I opted out of including supervisor contact info because that information otherwise would be self-identifying and would compromise my anonymity.

The facilities are newly constructed and well equipped by DHS. However, some of the projects are not complete. It is nice to watch TV while doing cardio. There are no televisions installed in the facilities.

takes a lot of time to get to and from the gym facility at St. E - it takes a lot of time in a reduced staff environment with a strong potential to impact work deliverables. the facility is relatively small.

We have very adequate facilities but we need professional trainers to help ensure proper exercise form is being conducted.

Limited amounts of machines in the gym.

I have some physical limitations and cannot walk quickly or run. My best and most effective option is to swim. It is beyond my understanding that a sea service does not have a pool. When I worked at the Pentagon I was able to swim daily, and weighed about 60 lbs less. My biggest disappointment in accepting work with the CG is the lack of an accessible pool.

Fitness Center is still requiring completion after move to t. E's.

Actually, I'm not sure. When I first visited the new gym, I didn't see all of the same equipment that we used to have at the Jemal Building. Perhaps, it just hadn't been moved yet.

Haven't been to the CGHQ new gym, I hear it's good

At my location there are few lockers and only one day locker in the female locker room. So all of the lockers are always occupied with other people's stuff and the room is too small to leave items out. More lockers would be nice since so I don't have to change in my cubicle. (There is only one female bathroom stall for the entire building and it is always occupied. The females wait in line to use the bathroom and it can take about a half hour to get in there sometimes. There is a unisex stall but it is filthy and always occupied by the males in the building, who leave it in a state that is unusable by the female members.)

My only disagreement is that the gym is no longer in the building; I structure my day so that I work an extra hour so that I can take that hour during the day to try and work out. Since it now takes me 15 minutes to get to the gym and change, and 15 minutes to shower and get back, I no longer have an hour a day to work out.

Crowded and inconvenient.

We have a full gym and an outdoor fitness walking area. also a golf course and hundreds of miles of trails.

I am a member of the CGFD base Kodiak and we due physical excercise 1 hour each day on shift it is part of the job but helps releaves stress and know it makes a difference.

CEU has decent facilities

CEU Miami has a full gym. Additionally, our property is very large which allows for walking/jogging/running.

I'm in the field working throughout the day at different Coast Guard units which have exercise equipment long with enough areas to work out (run/walk). This would not be an issue during my work day.

We have great excercise equipment .

	Valid Responses	378
	Total Responses	571

24. If you were able to exercise during the workday, would you take advantage of the opportunity?

- yes
- no

Response	20%	40%	60%	80%	100%	Frequency	Count
yes						82.4%	462
no						17.6%	99
Not Answered							10
						Mean	1.176
						Standard Deviation	0.382
						Valid Responses	561
						Total Responses	571

25. Why or why not?

17. 25. Why or why not?

Response
I believe that a rigorous exercise regimen contributes to good health and wellness.
If I were to have taken this survey two months ago, the results would have been much much different. I am normally active and strictly exercise 3-5 hours a week, but since a back injury from off duty exercises I am currently unable to do so. As far as a work exercise program, if it were available I don't think it will change anything. People are aware of the available facilities if they want to use them. If someone is already out of shape, there's not that much that can be done outside of personal influence.
Thank you for the opportunity to participate in this program. I truly believe it will not only be for the good of the civilian employee but the good of the organization as a whole. With the rising cost of healthcare and healthcare insurance preventative methods are the ideal way to a stronger workforce. There are no "why not?" points as far as I can see. Even disabled employees can participate in this program. This great for Team Building and so many other potential positive benefits. The organization as well as the employee would be at a disadvantage if we did not try to make this program the success that it could be. Smokers may become non-smokers, excessive drinkers may curb their intake and choose to live a healthier path, illnesses maybe thwarted, friendships and partnerships will be forged. The organization as a whole will stand taller and prouder because if you feel good and you look good you can't help be do good.....work!
Feel happier in my job, keep health crises down.
No because i exercise after work at home
Yes, Because of the health benefits it would provide.
As possible, but again, in poor weather access to facilities will take a large chunk of time. Need designated changing facilities on the support side of ASCC. We greatly enhanced the gym facilities (32,500 sq ft !!!) at St. Elizabeth's for HQ folks, surely we can do the same for the field especially one that supports housing residents and other CG/DoD components.
I need to lose weight and working out will give me more energy
Able to cut down on injuries related to work.
When I have worked out in the past, I prefer to do at the end of the workday and go home to shower.

Because i feel i don't exercise enough.

With my responsibilities at home I have little time and I do recognize my need to get into better shape.

Then i don't have to do it after work, my time to myself is very limited after work, to do exercise

It would help me be more productive.

It would be a good incentive to exercise in lieu of working for that period of time which is what some people need to get involved with an exercise routine.

Currently the gaurdsmen have one day a week to exercise while the civilian counterparts have to squeeze exercise into a lunch 1/2 hour break or schedule it for before or after work. Being able to participate in an exercise routine with the guardmen would build morale between the service people and there civilian counter parts.

out of shape. would like to get some weight off to help take the stress of of already damaged joints. Also due to a demanding family life, it would give me time to exercise while away from my family.

i need to build up my cardio.

Need to loose alot of weight and hopefully get off some of my medications and lower my stress.

Absolutely - it helps to recharge my battery for the afternoon.

I have become very active inn the last 2 years and have shed 50 lbs. I have much more energy and focus after working out.I feel much better but it is difficult finding the time to exercise. After lunch everyone in my office goes into an "after lunch coma." I feel very sluggish and tired in the afternoon when I don't workout or at least go for a walk at lunchtime but when I do I am much more productive.

I would participate only if I could select my own exercise time. The showers are in use by the military and often unavailble during "peak times." I would walk but I would not use the gym.

I'm not convinced that I would be able to meet my current mission even if the affect of exercising provided a moderate delay. Customer satisfaction is my primary concern in meeting job performance. Appearance is everything...real or not, the spin never stops no matter what side of the aisle you sit. I can only imagine my own reaction if my critical need was delayed because the government civilian assigned to support me was....working out. I can exercise during my approved lunch period or on my own time of which my government employer provides a good deal of. My tenure tells me that some may require compensation, monetarily or otherwise, as the day is short when meeting the tempo of CG operational needs. Supervisors may be forced to sanction this type of compensation in order to meet services demands as a result of this benefit. Liberty can be delayed but legally, can you delay the end of the work day for GS or WG without compensation? An argument can be made that the cost benefit may not be immediately apparent or at all for that matter in that the human condition can be complex. Customer satisfaction and mission performance is the core value this service provides to the American public. Today the CG is employing initiatives to reduce its personnel footprint. Although this benefit

holds merit, I see it as fodder to those espousing the waist in tax dollars on yet another government employee benefit already reported to be paid more in relation to their non-government counterparts. Without a solid footing on funding to meet current obligations....I wonder if the CG can ill afford this type of benefit to its civilian workforce. This survey appears to serve more in support of this new benefit....I mean....I must be crazy not to say yea...sure....more time off for my personal benefit? You bet it will work! Call me crazy, but what saving would the CG incur if it cut the programs that manage, support and develop these types of fund draining health initiatives? What value does it now add when weight management is a condition of employment for Active Duty personnel? Is not health management for everyone including the government civilian workforce saturated today in the form of written material, TV and internet? In addition, my health insurance now mandated by Government decree supports the cost of a dietician through my Physicians referral. This initiative reminds me of a saying my English Teacher used to profess. Idol minds, is the devils workshop. Someone, may not have enough to do hence this new initiative? That said, this survey has taken more than a few moments for me and my lunch of salad and tuna is now over. You see, my Doctor put me on a weight program without a reduction of the CG's budget and I'm starting to walk at night. Call me crazy

In general, it could improve my alertness, and physical condition like been more alert, etc.

My second "job" is all about staying fit....I work for the Miami Dolphins! So to include a work out during the day helps in a big way by giving back to the community by spreading the same workout program! Enough said!

Because healthier employees make better workers and exercise leads to healthier workers.

It helps with my morale and gives me a upbeat feeling in the morning to get the muscles moving.

I believe in a healthy lifestyle, but with my family schedule it is very hard for me to exercise when I get home; therefore I would take advantage of the opportunity.

As of now I work out on my off time. Working out during day would promote better energy and productivity at work.

My drive home is about 45 minutes to 1 hour drive each way and when I get home, I am too tired to work out. Sometimes it is too late and I go straight home instead to a gym. Working out during the workday will give me the energy I need and perhaps get me back to physical shape and better health.

This will be a dream come true for me. To have the opportunity to work-out in my work day will not only increase my morale, but I will be motivated to keep a healthy lifestyle. In today's world, where we invest about 10 hours a day for work to include commute, it seems impossible to do exercise after work. I would take advantage of this opportunity and I congratulate the CG for this initiative. This IS why I LOVE THE CG, they are always finding ways to take care of their employees.

Is a great advantage to take a break and exercise and release stress and is good for your health

To re-charge energy to continue the workday.

I believe it will help me maintain a higher level of energy during the day.

I wouldn't because of the statement that I made said previously

I would definately take advantage of the oppportunity to workout during the work day. It helps to increase your concentration, alertness and physical strenght, which provides an overall positive attitude and outlook. When you improve your physical fitness, you improve your work production.

I love to exercise and as an Army Reservist it helps me keep in shape to pass my physical fitness test. I work out after work daily; however being able to workout during the duty day will provide me more time at home after hours.

Yes, I currently take the oppportunity to jog to and from the beach after work, utilize the base facilities for clean-up and head home. performing my routine during the work day allows me to get home at a reasonable hour. On my jogging days, I arrive at work prior to 6am and usually get home around 5 to 6pm. My normal schedule is 6am to 2:30 pm. The best part is, if I am too busy to go jogging during the workday, I can go after work.

Dont care.

Three hours during the work week would be an excellent incentive for civilian personnel at this unit to increase physical activity. Improved health, increased morale and overall physical endurance would be noticable benefits for the members, the unit and the Coast Guard. Due to the nature of our work and work load I feel the three hours would have possibly a positive impact on productivity due to the benefits mentioned above.

I think it would help my health and reduce stress, as well as make the day go faster.

Being able to workout during the workday is great way to break the work routine and refresh your body by exercising. This in turn gives you more energy in the long run and reinforces a healthy lifestyle.

Not a requirement of the job. Do not need any more paperwork or reports to fill out.

There is a pilates class and they only have it at my gym during the Noon hour.

Too busy at work - could not afford to take the time during the work day. I work out before and after work.

I'm 56 and have never worked out. Would like to be around for my great grandchildren.

I always seem to tell myself I'll work out after work when I go home and then don't as other things get in the way.

I have the oppportunity to work out which I enjoy

Need to be healthier.

I sit at a computer, non-stop, for 9 hours a day, with only 30 minutes off. Lunch is too short to even really eat, let alone exercise. It's also hard to watch Coast Guardsman strut by every day to go for a jog while I'm left to grind away at the tasked issues of the day. I feel like "the Help" at some social club. I did change to a compressed work schedule, and I exercise on almost every one of those days off, but it's just every other week. Weekends are tough, unless house chores and taking care of family's needs count. After a 9 hour day, and a 1 hour commute... I barely have the energy to focus on my family, let alone me. I LIVE for my RDO. This workout option would be huge! With insurance increases/tax increases, my "raise" was \$10 per pay period, and doesn't compensate for my husband's recent job loss or true cost of living increases in Alaska. I've given up on getting ahead financially, so time matters. REALLY matters. As an FYI, a fellow civilian employee told me that they recently applied for jobs outside the USCG because it had become a frustrating environment to work in with sequestration/no pay raises, etc. Then just as they were about to take a job offer, the USCG said it would allow workout time during lunch hours. The employee stated that was pretty much the only reason they're still working here, the time off to exercise - it was a huge benefit in their eyes. Then the USCG changed their mind and reversed their offer. They now feel very demoralized, and duped.

I believe it would help keep me energized

It's a convenient time for me. I presently take an extended lunch to exercise at noon time and work later in the evening to make up for it.

I think it is a awesome program in promoting a healthy USCG workforce.

I do it before work, and that works better for me. I am a supervisor and need to be at work all day long.

I suffer from a chronic pain situation following multiple spine surgeries. So a brisk midday walk followed by stretching and a sauna/hot tub soak would help alleviate that pain and create a more relaxed and reduced stress environment. Having permission for workday workout activities like those would absolutely result in higher productivity for me.

As a single working mom I have a difficult time finding (nevermind justifying) the time it takes to get exercise. I would take advantage of it as much as I could.

It would give me for free time after work with my family and other duties.

It sounds attractive to get paid to work out.

I need the structure and if exercise/workout is a part of my regular day I feel certain that I would engage in it.

Because I enjoy it, and I like to take care of myself.

It would be a part of my normal day that I am away from home for anyway.

I would rather work out in the morning so I can do more the workouts I like and can do with my work related injury, without having people making where I can not workout because of gym availability.

Better physical and mental health

I feel more productive and happier when I can work out.

I would take advantage of the opportunity. I would also be more satisfied in my work place and therefore not consider leaving my job for other opportunities. Being able to work out during the workday helps lower/eliminate stress and frustration. By having my workout done during my work day it also allows me to be a full time mother to my son when my workday is over; which leaves myself and my family with a happier and healthier home life. With my home life being better I will bring less stress with me to work. It is a circle that can keep looping around. Work stress goes home causing more stress at home. Home stress is then brought into work causing less productivity and increased anxiety and stress.

Because I do not work out when I get home.

It is a key ingredient in leading a healthy lifestyle.

I would take advantage of the opportunity as long as our work schedule permitted us to do so.

I love to workout, I do it on my own time now but would appreciate the ability to workout at work.

Why not.....it's a great opportunity.

Work is work. I do my workouts 6 days a week only after work.

I really need to improve my physical condition and endurance.

Regular exercise not only assists in maintaining health but also provides a boost to productivity and alertness. Most of my daily work is sedentary but I must remain ready at a moments notice to perform physically demanding work such as boarding ships at sea and working long irregular hours. Other life demands including family and the Coast Guard Reserve often require time that would normally be used for physical fitness outside of general work hours.

It's not the time or conditions. It is the requirement to execute a contract with the supervisor, maintain a workout log, document the hours in WebTA, and now I understand we actually have to submit leave requests in WebTA as well. Too much paperwork/documentation for what is intended to be a stress-reliever. I do well with working out at home without loss of productivity. Great program for those who partake and I applaud the effort. Reduce the B.S. requirements and you may see higher participation.

probably,,,, its hard to get away from desk... bombarded with customers constantly.

Even though I would take the opportunity to work out during the day, I believe there will be a loss of production to the CG under the current requirements. First, I would need to have my workout scheduled approved by my supervisor. Then for each day, I need to submit a leave request and have it approved. Then before working out, I would need to save all my work on the computer and log off per computer security. Once I'm logged off, I can then change depending on the type of workout I'm going to do. Once I have completed my workout I would either need to hurry to the one shower or wait in line. Once showered and dressed, then I can log back onto my computer and attempt to start back up where I left off. Unlike military, they either arrive late to work or take off early for their workouts. Some even have an offduty job that they count as working out.

There is follow-up computer time to input required information into MISLE. It will be disruptive in scheduling jobs. I see jobs being scheduled around workout times.

Exercise helps improve the mind and body. Makes people feel better while reducing health problems. My doctor recommends physical exercise.

Work out on my time.

My work takes priority over exercise. I started My career in the marine Corps and workouts were done Before the workday started not during the workday. the New Military is too easy on new recruits and cave into their every whim. If they work a little over 8 hours a day, they want compensation. No one forced them to raise their right hand and abide by the Military code. I feel this is just another in a series of slow degradation of the Military way of life.

it will conflict with and 8hour work day, haev to stop an document to much time wasted.

I feel I am more productive when I exercise and feel better about myself.

I have a gym membership near my home that makes it more convenient for me to use that the one here at the Sector.

Exercise not only improves health, but it also improves emotional well-being. Unfortunately, I'm too busy with family to find time to excercise outside of work hours.

I believe excercise would only benefit myself and the Coast Guard. It's a good offset for a high stress enviornment.

to get in shap and look good

I have exercised off and on for the past 10 years at this facility.

could cancel my monthly fitness contract

Yes I will take advantage of this opportunity. As a civilian we have to work out after and/or around our work day. We work 8 hours and have to add 1 hour onto the day for lunch, so thats a 9 hour day onboard. I work out after my 9 hour day for one hour and thats 10 hours on board. Allowing us to work out during the work day will greatly improve morale and wellness. You will see civilian personnel in the gym that have never stepped foot into a gym before. I feel this is a very good program that the Coast

Guard is trying out for the civilian core.

To take better care of my health conditions.

I rather workout toward the end of my day, if there are not visits or meetings. I work out two to three days a week from 1130 to 1215. Then shower and eat my lunch at my desk. I would prefer to work from 1400 to 1500 three days a week.

I need to get in better shape.

Absolutely! Regular exercise GREATLY improves my overall mood and well being. I'm more confident and friendly at work and with my co-workers when I'm able to exercise. I also have more energy that lasts throughout the entire day. Exercising first thing in the morning wakes me up so much in fact that I was able to stop drinking coffee and I wake up at 5am everyday! Regular exercise also helps me de-stress so I am able to focus on my tasks at work and be more productive throughout the work day.

I may at some point; but not at this time.

I don't have time otherwise

Great way to break up a busy day - for me exercise is rejuvenating, and helps me focus better for the remainder of the day. The fact my employer makes the time available "on the clock" sends a positive signal to me that they are willing to committ resources (time) for the benefit of the employee and the long term effectiveness of the organization. I do want to add that I think some of the requirements in the Civilian Work Out Instruction, though well meaning are a little overbearing. The requirement to develop a work out "plan" and to keep a log of activities is not necessarily needed by everyone - they seem overly bureaucratic and should be options.

As time permits, due to the location, weather, and available facilities this is an ideal area for exercising even just going for a walk would be relaxing.

Although I have not started, I plan to participate because I need to improve my physical fitness.

As time is available on a not to interfere basis with job requirements. I have found that working out during the day increases energy and motivation as the day wears on. It tends to prevent the afternoon lethargy.

I currently exercise at a minimum of 2-3 days per week in the afternoon right after the workday. I prefer not to workout in the morning or at lunch due to the fact that even when you shower, your body temperature takes a while to cool down, so I would be sweating for a while afterward. Also in my opinion, 1 hour is not adequate to change, workout, and then shower, my typical workout last between 1.5 to 2 hours, plus time to shower and change. People who want to work out will make the time/effort to do it. Others will take advantage of the system and get a 1 hour break in the middle of the day. Also in my opinion, the administrative burden of the agreement, forms, and logging your times would be a bother.

I strongly believe that incorporating exercise during the workday will be extremely beneficial to our workforce. It is a great opportunity for employees to get out of the office for a few minutes and release some energy and focus it on bettering their health. Exercise makes us feel better and provides everyone with more energy, getting back to work after doing a little exercising will have a great outcome and improve productivity. Additionally, it improves health and well being and in return less employees will be calling in sick. I am happy to be participating in exercise during my work day and look forward to seeing my fellow employees take advantage of this great opportunity.

Because it was be easily accessible.

I need to lose some weight to better manage my hypertension.

I usually don't have a lot of time to do this after work, and would appreciate the opportunity. Also, may offer additional opportunities to bond with coworkers during the day.

I would certainly take advantage of the opportunity. I recently had knee surgery and after going through 35 sessions of physical therapy, I now understand how important it is to have some type of physical activity 2 or 3 times a week.

I'd like to think I'd take advantage, but I feel the tyranny of the pace of the day would probably prevent working out during most days.

Already have an established exercise routine away from the office.

I love exercise and if I have a chance I will take this great opportunity. To me, exercise not only keep me in good shape but also reduce some medical problem such as diabetes, high blood pressure, the endurance to perform work...It also motivate me to work better.

Relieves stress! Better moods! More energy!

I need to break up the sedentary nature of my job.

I support exercise during the workday which improves cardiovascular and respiratory health. These will boost immune systems and reduce stress. I am a mother of 2 and commute over an hour to HQ and I would love to be afforded an hour or two during the week for exercise during the workday when I am just too tired to workout at 5:00 a.m. I have observed the health of my co-workers for over 10 years. The chronically sick individuals seem to be the more sedentary individuals. Promotion of a healthy civilian workforce will result in better support for the military.

To live a healthier lifestyle and set a better example for the uniformed personnel who work for me.

Don't like changing clothes, showering, in the middle of the day and then going back to work.

not sure. I'm not interested in looking at women walking around naked in shower room. It's bad enough dealing with nastiness in bathrooms.

I would take advantage of the opportunity to exercise during the workday because it would definitely improve my morale and energy level of myself and those around me.

I need to exercise

It would improve my health and improve my productivity.

i need it for my health as my disability requires exercise to keep some of th symptoms in check

Currently I am allowed 30 minutes 3 times per week to exercise, work permitting. I have no time to take advantage of this policy. At the old location, I did use this policy. I found that 30 minutes at a time was not sufficient given the time needed to change clothes, warm up, exercise a meaningful amount of time, clean up, and dress again. However, I made it work by taking those 30 minutes at the end of the day and just staying late. That is, I started a 90 minute routine 30 minutes before my workday ended. This worked great for me, and the time allowed to exercise was a major perk that I appreciated. Exercise helped me do better work, and I was happier at work and at home. I was a healthy weight, too. At the new location, I have not found it feasible to continue this pattern. Between the increase in duties due to staff cuts, and the longer and more logistically constrained commute mentioned above, there just is not time. I spend most of my waking hours sedentary at my desk or commuting.

I am away from home more than 12 hours a day. Being able to workout at work would allow me to spend time with my family when I get home.

I'm too friggin busy. If you have time to shove off in the middle of the workday god bless you. I work out in the morning and then start my workday so that it doesn't interfere with my workday. Here is the deal. Whether you are able to work out in the middle of the workday depends upon your job. If you have a work load that allows you to do that I think it's a good idea. At the end of the day, encouraging people to work out may save the Coast Guard time and money in lost productivity because healthier people can stay on the job. Also, it's better for the economy as a whole because healthier people cost less to take care of than sick people. I'm honestly not sure how I feel about paying federal civilians to work out. I like the idea that I can work out in the middle of the work day and I like the idea that someone has created an instruction that allows us to take a certain amount of work time to exercise. If I were a decision maker, however, I'm not sure that I would feel that civilians were entitled to get paid to work out.

yes, aboslutely b/c then i'd have the ability to work out here vice waiting to get home and get disrupted with other matters.

I am not very active at the very moment because I am abotu 7 months pregnant and due to have a little boy in April but I would very much take advantage of the opportunity to exercise during the day if I had it.

Excerising is very important for the physical health as well as mental health.

It is hard to find time to workout at home especially in the winter when the days are home. I know that there is positivite relationstioph between my attitude and work product when I am able to work out.

I am not prevented from exercising in my current job. Because of the workload and the time it takes to complete job assignments, exercising during the workday is not an optimum choice.

To break the monopoly of the work day. To stay awake from being bored.

I try to get in a yoga class. I don't make every week. I appreciate the gym being there and the classes offer options I don't have at home. I do jog from home and have an exercise machine but the options here would allow for a more well rounded program. I eat lunch at my desk so that does sort of offset the time for the occasional yoga class. I think exercise increases health and alertness and therefore has benefits to the job.
doesn't seem that leadership is fully on board with exercise or for that matter RDOs
Yes I would. I use the gym now to workout every morning, but would enjoy it better if I could be more flexible with my work schedule.
All studies have proved to show that exercise is good for all aspects of your work environment. I personally feel it should be mandatory. It would help with our Medical crisis in this country....
I feel more energized and focused when I come back to work
Moving from TransPoint to St.E's has completely disrupted my commuting life, adding an additional 1.5-2 hours per day in commuting time. I no longer have any time once home for exercise (much less anything else, either).
My schedule would never allow the time.
Lead by example, better workforce.
Too busy right now; would have to re-do my hair, etc.
Just as an experiment. My reluctance to commit is just the unknowns - how long it takes to get to the fitness center, how long it takes to access equipment once there, how long to clean up afterwards. If it took more than an hour from the time I left my office to the time I return I'd be disinclined to exercise at work. Would probably just continue my current pattern of changing into workout gear in my office just before departure and exercising at Henderson Hall on my way home.
I am not currently in the habit of exercising at work. My routine is to do it when I get. To give the members options to exercise at work makes perfect sense and is supported by research and all major insurance companies.
I need the benefits of exercise to improve my health and well-being.
Maybe.
The exercise would improve my morale, energy, and productivity.
Exercise is a vital part of my lifestyle. I believe that keeping healthy makes me more productive. As a CG retiree as well as a CG civilian employee staying healthy and active will reduce health care costs for the CG.
See number 23's response. I would not participate. There are sufficient work related activities to accomplish during the work-day. I'm not against a civilian employee being allowed by CG policy to

exercise during their 30 minute lunch time should they desire too. However, current policy recently pulled off the web does not allow for it. And it is my opinion that many that do exercise do so in extremis disappearing for inordinate amounts of time while in a pay-status avoiding work, producing nothing, certainly not sustaining the touted benefit of increased performance for the half-a-day off while at work in a paid status. In the future, should CG policy legitimize the nonproductive paid time away from one's desk for exercise, then those employees that choose not to exercise should be allowed to have similar time off in-kind for alternative use(meditation, a nap, extended lunch period) as it provides parity.

See prior commentary.

It would be awesome to workout during the workday. More business acquaintances would be made and may contribute to even better communication at work, there would be more energy to accomplish daily routines, and it allows more family time in the evening - a benefit to both work and life.....

I like to workout before or after the workday. Doing so does not restrict my time to workout, particularly after the workday.

need to lose weight!

It will allow we to implement and achieve fitness goals that I have set for myself in terms of being healthy.

Exercise activity increases my energy, makes me immediately more productive. In addition, I enjoy the activity and opportunity to see others in the fitness center (a little networking).

Same as above.

Same as item 23

At this point, i don't take the time to exercise during my lunch period (except for walks and walking up and down the stairs). I also don't exercise at the gym because of limited time during my workday and van pool. If given the opportunity to exercise at the gym (like my military colleagues) during the workday, i would take advantage of it. Please note that i applied and was approved to use the fitness center, but am unable to take advantage because of my limited time during the day. Thanks for giving me the opportunity to respond to this survey!

No exercise rooms in the building like we had in Jamal.

Easy to schedule, available.

My doctor has ordered me to exercise.

From wake up to return to home takes 12.5 hours every workday. Attending to relationships, dinner, chores, & errands in the evening, particularly during shorter days leave little time to excercise. Being burned out at the end of a workday, I find it difficult to get motivated to excercise.

I strongly believe that exercise is a productivity booster. Sitting all day is deadly both physically and mentally.

Cause I need to control my weight and circulation.

I would like to be able to - but as a GS-15, I feel I have to show a good example, and there's not a lot of spare time during the day. However, I know it would be good for my general health, and perhaps I could show my troops how you can do both (get the job done and still exercise twice a week). This is mostly a personal issue - I don't think I'm making excuses or trying to avoid working out - it's also a hassle with working out, showering, re-dressing, etc...requires a lot of prep with extra clothes, etc.

N/A

To meet my car pool on time

Excercise makes me feel better and is good for my diabetic status.

Because my doctor recommends doing some type of cardio to help with blood pressure and borderline diabetes.

I am not sure if I would use it. I barely have time to break for lunch on most days, it would be hard to stop, walk to the gym, change, get in a good workout, shower/change and walk back to my office. To get a good workout in, it would be a two hour break in all. I'd be more inclined to work if there were more classes that fit into my schedule, or if there were treadmills available. I am unlikely to break in the middle of the day, but would consider adding the workout to the beginning or end of my day. With my commute and long work day it is hard to get a workout in, so if I had the flexibility to duck out a little early to workout that would improve quality of life. My workload may not always allow it, but it would be nice to have the option.

Because it feels good when you work out and promotes a healthier work life.

Saves me time from working out at home. Also, too tired to work out when I get home.

I'm not interested at this time in the available activities.

It's a great stress reliever.

It will help my mood, productivity and my health.

I do it now, but would participate more frequently if I knew it was OK with senior leadership.

Yes, as long as it does not interfere with my work and I'm able to provide a solid 8 hour workday.

Great benefit, and opportunity to increase health/productivity.

As health permitted, M.S. limits my ability to exercise, even if I want to.

not every day- I do it form time to time but...it is based on work, my time available...so forth.

It would relieve stress, exerise more days/hours a week.

-distance btwn desk and exercise facility; a couple of city blocks away.

Because i workout routinely anyway and enjoy working out with coworkers. We actually get some work or excahnge of work related information done while working out. So we get personal and work related business done. It is important to maintain a good balance between physical and mental fitness. Doing so will enhace productivity.

Definitely would take part. Believe time away from the job to exercise would actually be refreshing and certainly energize me.

Fitness center and shower facilities are too far from the building. It all takes too much time.

Would definitely participate.

Absolutely. At my last job as a civil service Army employee we were given 3 hours a week and we were all a lot healthier, had more energy, more focused and less anxiety and depression issues than what I see in my office here.

There is no chance that I will be sending a request Web TA request to my O-6 boss requesting time to work out multiple times per week. Nor would I take the time to log my exercise activity. I don't have enough time in the day as it is. I understand we need accountability for the program, but this makes it a burden and therefore, I won't participate.

Already extend workday hours in order to exercise at work.

For my mental and physical health, and allow me more time at home with my family.

I need to get in shape. I usually only have time during the workday when I am away from my child.

because i know the benefits of working out and keeping yourself fit and once i get started, i enjoy working out, and look forward to doing so.

Between telework, RDO's, internet surfing, taking care of personal business, socializing unrelated to work, reading the newspaper, doing homework, long breakfast and lunch breaks, exercising during working hours would be another opportunity for civilian employees to NOT be productive. The reason these problems are not brought to light is because a lot of supervisors are doing these things. This input will no doubt be categorized as an outlier, and probably is. But for all the civilians who would like to spend time during the day exercising on uncle Sam's dime, which would mean that they do not have to exercise on their personal time, then their input will be the majority and a policy will probably be developed form those results. Well, the taxpayers would like federal workers that are paid on their tax

dollar to actually do work, or cut back on personnel numbers until you reach the point where there is no time left except for work. Exercising during the workday will be abused like are many other activities. I wish my work ethic would allow me to be a part of all this fun.

I would say yes but given how busy I am at work I probably won't not be able to take advantage even if given the opportunity.

I know it would improve my overall health, and cut down on my time off from work.

I currently workout three times a week whether I'm at work or not.

I would NOT use the CG facility however, because the facility user agreement is too restrictive. Releases the facility from all liability including injury I may sustain due to poor facility maintenance or an exercise machine malfunctioning not attributable to how the device was used - for example a weight machine cable snaps and injurs me.

I would make a sanctioned fitness period part of my weekly work schedule. There is overwhelming evidence that physical activity helps reduce the occurance of chronic illness and makes employees more productive. The value in reducing stress and improving overall health is a benefit to the employee as well as the employer. There are many pressures on federal employees ranging from budgetary limits to increased workload, and dealing with those pressures affects work-life balance. I believe having a sanctioned fitness time for employees has many benefits, as long as the employee does their part to follow guidelines in the program.

I would try but it comes back to the overall amount of time it takes to workout, lost productivity. As it is now, I find that I often have to do CG work at home at night. If I were to workout, being that I'm in a carpool, I would have no choice but to have to log back in at night from home to catch up on work I did not complete during the day and that is even worse.

Physical and psychological benefits abound!

Just 30 minutes would help.

It's a great facility and close by.

Because it is so far away.

There isn't enough time in the day to do my job and work would just pile up if I were to take time off to exercise. Exercising when I get home from work is adequate and appropriate for me.

Maybe, I should but I haven't.

I plan to start, but would prefer to exercise toward the end of my workday. I would not want to return to work because too much stress to return on time to meet workday time constraints.

i do feel better once i have exercised...and if i can start losing weight and/or losing inches i will be happier and i believe i'll have more energy by the end of the work day

I would take advantage if I had the time
it would help physical and mental health
Due to budget constraints and Federal hiring freeze, limited resources for the workload would hamper productivity. Another issue that comes from experience as a supervisor is, the human nature of those folks that choose not to take advantage of the workout and work their 8.5 hour days, while others that workout will only contribute 7 hour workdays (X3). This creates a rift in the morale.
I feel energize and refresh.
Exercise helps relieve stress, and clears the mind. I believe excercise makes you healthier both physically, mentally and emotionally.
I am here to work and a normal workload should take up most, if not all, of a normal workday. If a civilian has time to exercise during his/her normal workday, then they most likely do not have enough to do.
It will keep me in good shape mentally and physically.
Exercise is very important, but I just never make enough time for it. Being encouraged/allowed the time to devote to it when at work would be very motivating/helpful.
I would probably get out and walk the paths.
The benefits of exercise are immesurable. The facility is here and im here...no excuse not to do it!!
Easier to do a workout here than try to get to the gym after work.
I come in early to workout. I'd be unwilling to add another hour to my required daily work hours.
I exercise prior to my scheduled work hours...works better for me.
It is critical for me to feel healthy and continue to be focussed and productive.
I currently workout during my lunch break.
See above.
Able to beat the 3pm sleep cycle by working out.
Because I do not have the time or opportunity to excercise after work due to a baby at home.
I would welcome the opportunity to "break up" the day with a workout

Too tired to workout at the end of an 8-9 hours day.

Because it is available.

Absolutely, helps break up day. Relieves stress, enables me to spend more time with Family as currently, if not working out at work, I have to take time during off hours to do so. Energizes all elements - body, soul & mind - to be able to focus and "attack" work related responsibilities. There are, in no way, shape or form any down-sides to working out at work.

It wouldn't necessarily take time away from family time and cheaper.

To get in and stay in better shape and be more productive, less tired.

because i don't want to.

I would exercise on my lunch time and that would not interfere with my day.

judgement from other employees, carrying in and home work out clothing, finding the time in an already busy work day.

Lunch time and breaks currently don't provide enough time to exercise during the workday. Many of the classes offered are close to an hour, so that doesn't allow time to walk over before and shower after. Finding the time to exercise afterhours is difficult considering family obligations.

Preventive medicine

I would occasionally exercise during my lunch break with minimal impact to my tour of duty.

Yes, because increases productivity at work, at home and throughout the day.

I would exercise to maintain a healthy weight.

Engaging in exercise on a regular basis results in positive health benefits -- strengthening the body, improving circulation, etc. A strong body enhances one's ability to engage more productively in activities requiring mental focus and concentration and it also improves one's ability to meet the physical demands of day to day activities without experiencing extreme exhaustion. This, in turn, improves one's work/life balance.

I love to exercise during the day rather than after work. I would be able to spend more time with my daughter before she goes to bed.

Yes, I would take advantage of the opportunity to exercise. Exercise gives me more energy during the day.

I have difficulty finding the time to exercise.

No I would not - there is too much work to take an hour out of the middle of the day to go work out and combine that with the time to get back and forth, it's just not worth it. If I could take an hour at the beginning or end of the day, that might be useful but when meetings are scheduled at 8 or 3:30/4pm that's still not very doable. The concept is great and I get it - this is to promote having a healthy work force which then reduces costs in many areas but location does not help and to give up work hours yet still be expected to perform all functions may actually cause more stress or even make some people think they can now ask for overtime. I think for civilians this program should just encourage them to exercise more.

I prefer to exercise after work. Exercising during the day is disruptive because of the need to shower and redress etc. It takes too much time.

No. Building design and gym design. I have attempted to work out in the new HQ facilities and they are, in my opinion, poorly designed.

My attention would improve in the late morning by exercising as it would get my mojo back. In addition, I would feel better during the day about my accomplishments if I was able to spend a moderate and organized period of time to get my body back in shape. I suffer from muscle aches and extreme tightness that distract me throughout the day every day. Stretching and strengthening has been recommended by my doctor to best address my pain and discomfort and this program would provide the needed encouragement for me to plan it in my workday.

I already do!

Studies have shown not only the health benefits of exercise, but also the positive effects on mood, confidence, and other aspects of mental health. People have very little time once they leave work in the evening and often skip the gym due to needing to take care of children, attend community functions, or perform chores around the home. By being able to workout during work hours it helps with the work/life balance. A more positive work/life balance helps people to focus more on work when they are at work as opposed to thinking about non work things.

Improve general health and well-being.

I am a graduate student and full time employee, it would be awesome to actually have time carved out to workout. Management is not very receptive or encouraging of civilians using workout facilities during the day. It is a different story for uniformed members of the USCG.

Sometimes, working out during the day is the best time to be active. My energy levels usually decline when I leave work, and waking up an hour earlier than my already 5AM alarm clock seems daunting. Thus if I'm able to go the gym during a time I feel most active & energetic, it's much appreciated. It allows a more positive work-life balance, more time with family & friends, and an overall improvement of health. As an intern, I used to work at an agency that allowed for workday exercises and while there I lost 50lbs and my health improved. And although, it could've been done on my own, because the environment was conducive to living a healthy lifestyle and gym time was promoted and deemed favorable in the eyes of management, it made me feel comfortable.

it would provide energy and less stress.

We are allowed. I just do not do it. I want to just do not. I need something organized.

I wouldn't because my current workload changes fairly quickly and if I had to keep to a scheduled day and time for my workouts then it could be disruptive to my workload.

My schedule in the morning and evening doesn't permit me to go to the gym, so during the workday would be best. At least an 1 or 1 1/2 exercise a day would be great.

To become more flexible and healthy.

HQ used to have a wellness policy and I regularly exercised during the workday. The policy was cancelled almost a year ago and I have been unable to exercise since. As I have a long commute and children, it has been difficult to maintain my exercise routine outside of the office. I miss terribly the ability to exercise during the work day! Please restore this important health benefit for Coast Guard civilian employees!!

It would help with the stress and help morale in the office.

Creates an inequity between genders - much easier for a male to get ready and return to work.

I would exercise if given enough time to get to the gym, work out, shower and then return to work.

It's what I do now.

I need to exercise more. I am overweight, need to start taking better care of myself.

I've been a CG civilian employee for 31 years and have worked out during my lunch period just about every day and will continue to do so until I depart in June. Being able to exercise during the work day has proven to be a benefit to me and I believe the CG as well. I don't take sick leave, my work products are always completed in a quality manner and on time. Regardless of the time I take to exercise, I always put in at least 40 hours per week and most times more than 40 hours. Too many supervisors view exercising as something that takes away from the work day, yet people tend to take smoke breaks, view the internet for non-work related activities and office hop/socialize which all takes time but tends to be acceptable behavior...not sure how you change the culture.

Currently am.

It allows me to clear my mind, work out stress, refocus myself, and feel a better work/life balance.

I would like to exercise to stay fit, but I am unable to do so during the day without taking leave or staying into the night.

Exercise helps me to have energy throughout the day.

Maybe... not at the expense of being at the workplace longer. I get considerable exercise at my home with the equipment I have there.

Exercising in the middle of the day nets a great boost in energy, focus and drive to accomplish afternoon daily objectives. And by anticipating your mid-day workout, you are more determined to get your morning tasks taken care of to make that workout happen. What a healthy way to break up an otherwise sedentary 8 to 10 hours!

Being physically fit improves my diabetes management, which not only improves my health but also improves my productivity by increasing my general wellness and reducing the number of days of work I am absent due to diabetic issues. Exercise during the work day also increases my general acumen and enables me to focus better.

I know that i need to lose weight and the ability to do so at work would help me accomplish that healthy lifestyle change while letting me get things done at home with my family. Being healthier would help with emotional as well as physical issues.

It takes too long for met to get ready in the morning, I won't do that twice a day. Not to mention bring in all the workout stuff.

Bottom line: The ability to workout for people during the day have shown through every study conducted at the Cooper Institute to improve office dynamics. Lower health related costs are proven as well, so in the end, the government has a healthier and more productive workforce with outyear medical costs lower. Many of the top 500 employers allow their workers to exercise during the day. This has proven to assist those companies for employee retention. Do the right thing! This is long overdue.

A large amount of work and a variety of demands from a wide variety of customers.

I currently try to exercise once a week during the work day.

I believe working out increases energy and productivity. It also allows one to clear their mind and be more focused. In addition, health concerns such as diabetes, blood pressure are controlled better with physical activity.

When work permits and I have permission from management.

Absolutely. Sound body = Sound mind. Regular aerobic exercise and strength training, combined with healthy eating habits are vital to good health and reduced stress. Actively working out has been part of my regimen for many years. Longer commutes (to USCG HQ) and family demands outside of work increases stress and reduces opportunities/time for regular exercise. Offering exercise opportunities would be an incentive to retain/bring people into the CG (at CGHQ).

I don't get paid to exercise, I get paid to do my job. I believe it's unconscionable to have employees take off during the workday and get paid to exercise. What usually happens is the slackers take full advantage and then the rest of the team has to pick up their slack. It becomes a major issue for the supervisor (and I am a supervisor). I sincerely hope this isn't approved. People have plenty of time to exercise on their own time. We're getting paid to do a job, not to exercise!

Yes and No. I would probably exercise in the morning before I start working so it's less disruptive to my

mindset when I work on tasks. If I exercised in the middle of the day it would take me 10min to walk from my desk to the gym, several minutes to change, 30-60 min workout, then 10min to shower/change, and then another 10min to walk back to my desk; it would easily take 1h-1.5h away from my workday. Instead, if I'm allowed to workout the first hour of my workday, it would eliminate at least 20-30min of transit/changing time. Plus, exercising before I start my workday invigorates my mood and perception on the day.

The long commute does not allow me the time to have a workout program outside of the work day.

I do not exercise now because I am a civilian employee and I am, of course, expected to work my work hours unlike when I was on active duty and physical training was encouraged. Therefore, if it were ethically possible to exercise during the work day, I would definitely take advantage.

its a great thing.

See above. To remain productive in the job I have, I'd have to work out early in the AM or after work. Both of those scenarios are problematic as due to parking and commuting difficulties associated with St. E's, I have to car pool now.

I am a morning person. By the time I get home at night I have to force myself with great willpower to exercise (and I am not always successful)

Takes away work time and I carpool and don't want to extend my work day.

Yes, I desire to do exercise during the workday to keep myself healthy and fit. Usually, it takes me more than three hours to commute. I feel sad the no time for me to exercise at home.

Not sure if I would or wouldn't.

I already have the opportunity but I am usually too busy. Nevertheless the opportunity is there which is a nice benefit. Part of the reason for not exercising more often is just laziness on my part.

I would love to work out during the work day. It currently is impossible for me to work out at home with raising a family and the 2 and 1/2 hour commute.

I have artery disease. My cardiology recommends me to do exercise regular beside taking Cholesterol high blood pressure pills.

an opportunity to step away from the computer/meeting and get perspective but most importantly reduces stress and stress related ailments (migranes, etc) which allows me to be less tempermental and moody at work.

Too much work to do during the day and too many meetings, too little time to work out, shower, change, etc.

I would take advantage of it because it rejuvenates my mind and and body when I would normally start to plunge during the work day. I also appreciate and value the opportunity to do so and therefore feel that it is my responsibility to maintain a quality level of work so as to not disappoint and lose the ability given to me to exercise during the day.

yes, but I would do so at the end of the day to avoid having to rush to get back to work by a certain time.

I have been taking advantage of the opportunity for years - have had very amenable supervisors who actively promote physical workouts among civilian employees - that undoubtedly accounts for why I take so very few sick days - it provides a tremendous stress relief, and keeps me pretty fit despite my age - and physical workouts get my blood flowing and help me focus on tasking/work. Clearly, I'd be absent/sick a lot more, and much less motivated, if I did not have the outlet of daily physical workouts. They have to be strongly and generously promoted in the CGHQ workplace.

see 23

help me feel more energetic during the day & relieve stress if there's any

Perhaps a few times a week

We sit way too much. Getting up and working out increases health, camaraderie, and productivity. A healthy workforce benefits our image and recruiting and decreases mental and physical health care costs.

REENERGIZE MYSELF TO REFOCUS

From Home to work and home again is approx 12 hours. By the time I get home, other things require my attention. Time for exercising is difficult to find.

Health reasons. Doctors' orders.

Workday exercise is excellent for my work related networking.

It is my understanding that civilians must lengthen their workday to include the time spent working out. For me this is a very big disincentive.

Not enough time to go and leave gym and exercise also.

See above.

It would put me too far behind in my work.

If my responsibilities would provide the time.

I currently extend my overall work day by an hour each day to allow myself time to run at mid-day without reducing my overall worktime. I am probably one of the few civilian employees who is honest about this, i.e I don't take the regular day off every two weeks that normally comes with working the extra hour each day. I am not sure that giving people time off to exercise who are not inclined to exercise in any case would be motivate them. They might go to the fitness center, but there is nothing to stop them from using that time to chit chat and hang out rather than exercise.

Working out, gives me a peace of mind.

I usually don't have time to even go to the head let alone go and exercise.
Really, my answer would more likely be "maybe". Or "sometimes". It is kind of a hassle to go to the gym during the workday. I do my exercising in the evenings and on weekends at a gym that I belong to, and at home.
I find that if I workout before the start of my workday, there are less things that would arise to keep me from the opportunity to workout. I have come to enjoy exercising before I start my workday and enjoy the time to consider my day as I exercise.
Again I would be told that I am not doing my 9-hours of work. I would rather do the workout after working hours somewhere near my home or at my home.
stretching is required to reduce mid-day aches and pains.
Absolutely! I really need to get a good hour of cardio/weight training in several days a week. I have high BP and this really helps me stay calm, stress free, and keep the weight off. PS. Some one force CAPT Stringer to do lots of cardio :)
I used to exercise every morning at Transpoint before we moved to St. E's. I was in good shape and very content. I can no longer exercise because of the commute and have gained eight pounds in three months. Please make this happen!
a stress relief in hte middle of the day was always welcomed while I was active duty. Every aspect of work/life balance is improved. The entire work force would benefit.
I work out one hour, five times a week when I get home from work. Allowing some time to work out while at work, allows for more family time when home and an overall less stressful life, which in turn, leds to more work productivity and a happier relationship with my employer.
I would try to exercise more often.
in line with my goals to keep moving during the day and maintain a healthy lifestyle.
I have issues with my back and sitting for prolonger periods is extremely painful. Being allowed to work out during the day helps to relax muscle tension and elminate pain.
I follow a regular workout routine. This could/should not interfere with work demands.
I believe the ability to exercise would greatly improve my physical health as well as my mental alertness.
The timing would help with my health by allowing me to particpate during the day and would allow for more free time once home.
too much effort
I feel that exercise promotes health and well being.
I was trying to do a quick walk during my half hour lunch, but I felt guilty if I did not get back to my desk on time, this would allow me to relax as I workout.

I do exercise on my lunch time when I can anyway.
It would help relax me in the middle of the work day and offer me the chance to interact in a physical environment with my fellow coworkers.
Absolutely. Being able to exercise during lag time allows for more energy and ultimately better production.
I already exercise during my lunch break most days.
I would like having the option
I already exercise daily...lead by example. I come in early and stay late to make up for any additional time I take beyond the 30 minutes for lunch. I have been on a regular exercise routine since I was a teenager; it has just become part of my lifestyle. It has paid back huge dividends in terms of excellent health, no sick days and enhanced work productivity. Supervisors who do not work out or prevent their employees from working out are very short-sighted. The benefits of daily exercise, or ROI are far greater than any perceived lost work during a day due to exercise.
nice to work out during the day due to by the time you get home other tasks need to be completed.
Because I already exercise 6 times a week at home.
I would not extend my day by that many hours. I am on an 8-hr work schedule which allows me to get home and be with family. I walk or run then.
I think it would enable me to be more focused while at my desk by breaking up the computer time.
Extra time at work to meet the nine hour work day flex requirement is not worth it. As it is right now commute time is usually about 1 hour each way, I'm already leaving the house at 0530 and getting back at 1700, an additional hour is not worth it.
Primarily laziness. It's been too many years since I've been in the habit of bringing in workout clothes, working out, showering at work, etc. It's just too easy to either do it at home or not at all. Basically my health hasn't been that bad that I feel there is a need to improve.
Taking into account the time to get to the gym, warm up, work out, cool down, shower, dress, do my hair & make-up, and return to my desk, a mid-day work-out means I lose 1.5 to 2 hours for a 45-60 minute workout. Plus, this means I have to carry a gym bag to work, maintain inventory of consumable toiletries, replace said toiletries when needed, and store dirty and clean clothes in my work space. This is highly undesirable. I prefer to work out before work, then get ready in my house. This just seems to make more sense. That said, if my colleagues are getting "Time off" to work out during the work day, I would expect the same allowances to account for my workout time at the start or end of the day. I should not be penalized for requiring more time to shower and get presentable than my male counterparts.
Use it or lose it, I need to exercise to maintain current good health and active lifestyle

Work load is a primary deterrent to taking advantage of the gym. Combining that with the time and effort to actually transit from HQ to the gym, it is not a regular occurrence. The whole HQ move to this new building itself took a toll on both personnel, productivity, and job satisfaction. Additionally, the two week shutdown compounded the work load. We also have experienced some personnel changes, with more occurring in the next couple of months that will not be alleviated by any full time replacements in a reasonable amount of time. It does not leave one feeling like they can afford the time away from the desk work load to go work out. Since I moved over to the new HQ in September 2013, I've probably used the fitness center 6 times. I've had workout gear with me in the office ready to go to the gym most days. As stated above, it is a nice facility, but not as convenient as the old building. The additional time/effort to get out of the building and over to the gym is a deterrent. The running paths require additional security gate clearance and are basically just inside the fence because there aren't any other paths that are very desirable or safe outside the gates. If the schedule was better, I might try to make it to some yoga classes which were easier to get to in the old HQ at a reasonable time.

Yes as it would not disrupt the commute. With age, I find that I must do something to address decreasing flexibility and muscle loss. Between long work day and 3 hours per day of commuting, there is not much time for physical activities except on weekend. Current/old policy allotted 30 minutes, but one can not get to the gym, change, work out, shower, and return within that time. The proposal would provide the opportunity for yoga classes that are no longer available in the evening after work at the gym near my house.

Why can't I work out? Because we are terribly understaffed in our office. I can't exercise and meet work demands. It's one or the other. If the Coast Guard were serious about exercise, you'd hire enough people to get the appropriate amount of work done. You can't have a workforce with a 40 hour workweek, then keep downsizing and reducing workforce, so that our workload is more than 50 hours per week, and expect us to take off three hours a week to exercise. Of course, plenty of people do go on working out regardless of work demands, and more besides abuse the three hour allowance, especially active duty, who seem immune to the work at CGHQ. Some of us just put the mission and customer first. Just like everything else, yet again the Coast Guard is taking on a new initiative, without taking away something to make room for it. When will we learn? You can't get blood out of a stone.

Between my commute and 9-hour work days, I do not have much time available outside of the workday. Exercising during the workday, even if just before leaving for the day, would be a great improvement over my current exercise levels.

It would be one less evening activity that I wouldn't have to worry about. Being able to work out during the day would give me more time with my wife.

I need to exercise to clear my mind. I am an analyst by training and thinking out of the box includes getting away from the desk to think out things differently. Additionally, I have lost some 85 lbs over the past two years and I want to maintain that loss.

I will because I need to and it's important. But between work and the hassel's of doing it and getting changed.....uggghhh. I've seen many military working out for lengthy periods of time (1.5 to 2 hrs) each day and I think that does negatively impact their work and production. I don't even take a lunch since there's so much work to do. So i'm the stupid one killing myself....

Because of my sedentary work for 9 hours/day, my doctor says I should get daily physical exercise.
The distance of the facility from the building. I am at the far end of the building from the exercise facility. The time needed to walk to/from the workout location would take too much time away to get a meaningful workout. Because I carpool, working later to make up the time is not an option.
Breaks up the monotony of the day and helps with the flow of energy.
because it would be allowed
Yes, because I have been told by my doctor that I need to be more active. With 3 small kids at home its tough to get away for any physical activity. I really believe that if allowed to workout, I will lose weight and become overall more healthy.
I do not feel there is sufficient time in the work day to get done everything I need to do and have a workout. To take advantage of this option, I would either need to arrive an hour earlier or stay an hour later, neither of which is an attractive option to me. I prefer instead to workout at home, which I can do on my schedule and without any of the "lost time" associated with walking to/from gym, changing twice, and showering.
1. Yes, its better and easier to get your workout done while at work then having to do it when you get off.
If we had a pool I would love to swim during the work day - we should get a pool!
Very important for longterm health and job satisfaction, however, it has not previously been endorsed for civilian personnel.
I might take advantage of the opportunity.
Too much of a hassle.
I need to continue physical therapy for an injured knee.
For the aforementioned reasons...
It would help me feel and work better without having to take the time in the short evening I have now at home.
I definitely would and do because often times after arriving home there isn't enough time for me to do it with the commute I have.
I feel exercise increases productivity, bloodflow and general good health.
I would like to work out more, especially for strength-building and aerobics. It's not practical at work now because it makes my work day too long, especially with a DC-area commute.
This program would provide justification with my supervisor to schedule exercise on a regular basis.

I already get in a 45-60 minute brisk walk in the afternoon, per Dr's orders, to moderate chronic lower back pain caused by herniated disk, oesteo-arthritis & sagging pelvis).
Improve my health
I come here to work not go to the gym.
See above (23).
My health requires I continue to move and exercise. This helps me to manage chronic disease and injury. Having the means on site saves me time and makes this more likely and doable, more convenient. This also saves me money as far as not having to purchase home equipment, gym membership or trainer fees.
Prefer to exercise in the evening after work.
I am able to exercise during the workday and do take advantage of it.
good for me and my work
Perhaps one day a week, given that I cycle to work (24 miles roundtrip) three to four days a week.
Allows me to be healthier and helps reduce stress. Also, it is easier for me to go to the gym during the day rather than before or after work, which I always intend to do but end up not doing...
Makes me healthier.
It keeps me healthy and helps me better focus on my work. I think it improves my productivity and job satisfaction.
Not now, I have multiple high-priority projects to manage, perhaps later.
I know that I need to do something to get fit again, being able to exercise during the day when my body is most receptive to moving around and breaking up hours behind the desk should be a good thing.
Because I like working out in the mornings to clear my mind and get ready for the day.
Health is important and beneficial overall organizationally.
I prefer to work out at home on my own time. More convenient.
The need for a cooling off period (avoid sweating in work clothes) and my view that I owe 8 hours of work each day (and exercise does not count as work hours).I have no problem with military counting exercise hours as work hours since they could be assigned to duties with physical demands.
I work out a minimum of four times per week, conducting intense aerobic exercise. I have to wear a tie to work. I could not imagine working out during the day, getting all sweaty, then having to put on a tie

again. After work, I usually work out for one hour, then it takes a minimum of 30 minutes for me to cool down, shower, then change back into my work clothes. 90 minutes out of my workday are gone. I don't particularly like the idea of staying at work an extra 90 minutes to make up for the time I have to exercise. In addition, I work in a high stress/high pace job, so while my workout AFTER work is critical, working out during the day would only disrupt my already busy day. Active duty personnel fill a billet - they are on "duty" 24/7 and have to be available for worldwide assignment. Part of that requirement is to be physically prepared to perform their duties. This is not the case with the civilian workforce. Civilian employees are hired to perform a job. I would prefer the Coast Guard encourage the civilian workforce to not work extra hours without getting paid and use that extra time to workout at home, or if they so choose, at the gym at CGHQ - at the end of the workday.

Better physical conditioning = a more productive workforce. But... My opinion: Commuting and the requirement to use public transportation increases the employees time away from home. Of course depending on where you live, your commuting time plus your 8 or 9 hour of work time = a long day. Many folks would rather spend their off time running errands or being with their family. For some, working out is a way of life and they'll make time regardless of their circumstances. Recommendation: Much like the military makes physical activity a requirement as part of their normal duty day, make it to include all capable civilian employees. Capable civilians would participate in a physical activity program as part of their work day and not have it recorded in the T&A system. Of course, much like telework, every program would have to have supervisor approval and subject to change as unforeseen event emerge. I hope that everyone is given the opportunity to exercise as part of their normal work day.

I would like to be able to walk for 1/2 to 1 hour. As it is I spend my entire day working at this computer.

Sometimes...especially if Fitness Center affords activity/sport I am unable to do at home.

I used to but I doubt if I'll be able to take advantage of it now because I have an extremely busy workload. Also, the activity that I engage in (Tennis and hot Yoga) is not available at the facility.

Exercising gives me more energy and makes me feel better.

CGHQ gym is a 15 minute walk from my desk. I belong to a private gym for exercise.

I am not sure how changing at St. E's would be, but if we are limited to 60 minutes (3 times a week), and it takes at least twenty minutes to change and walk to the gym and then get back to your office to report to your supervisor, it can limit the desire to work out. If I could combine my workout with lunch and get the full hour to work out and then use the 30 minute lunch to change and walk back and forth to the gym and shower, I would be more inclined to want to work out and feel less stressed about it. With the budget issues, we are severely understaffed and constantly asked to do the work of 2-3 people. It is extremely stressful and without pay increases, ability to attend training events, or time off awards, morale has decreased significantly. It would be nice to have something so it feels like someone cares about the morale of the civilian workforce.

It's the best part of the day, great stress relief. It also helps when I work out with coworkers; builds unit cohesion.

I work in a high intensity Unit and serve as a supervisor for HQ and Field personnel. Time away during the workday is not an option.

Great stress reliever and closest thing to a new/better benefit we have seen in a long time.

Too Buzy

Because exercise provides me with an enegy boost after sitting at a desk all morning Lunch without a work out pulls me down.

Beyond the physical benefits, daily exercise would improve my mood as well. I've had the discipline in the past to exercise and am aware if the benefits.

Working out would improve my health and also boost morale throughout the Coast Guard.

working out during the work day would provide a good distraction for a little while.

All studies show that excersise is essential to a healty life. This is not Calculus !! Productivity will go up... Not quite certain why there is such a push back from the powers that be!!!

I work out early in the morning before the workday starts and would not want to change my schedule. Also, if there is no postive physical fitness level required for the position I am filling, I do not think it is up to the tax payers' job to fund "work out" time. If civilians want to work out during the work day to take advantage of CG-owned facilities, then they should still have to complete their entire work day (i.e. 8 hours of work, 1 hour to workout, and 30 minutes for lunch).

	Valid Responses	400
	Total Responses	571