8 Responses

Workshop Title: Eating on the Run Part 2  Date: 5-19-11

Please mark the response that best describes your opinion of today’s workshop.

<table>
<thead>
<tr>
<th>Excellent</th>
<th>Very Good</th>
<th>Good</th>
<th>Fair</th>
<th>Poor</th>
</tr>
</thead>
<tbody>
<tr>
<td>How would you rate the workshop overall?</td>
<td>75% (6)</td>
<td>25% (2)</td>
<td>--</td>
<td>--</td>
</tr>
<tr>
<td>How would you rate the workshop’s usefulness?</td>
<td>50% (4)</td>
<td>38% (3)</td>
<td>13% (1)</td>
<td>--</td>
</tr>
<tr>
<td>How would you rate the strategies presented at the workshop?</td>
<td>50% (4)</td>
<td>38% (3)</td>
<td>--</td>
<td>--</td>
</tr>
</tbody>
</table>

What are the most useful ideas, tips, or techniques you will take from today’s workshop?

- Eat small frequent meals
- Not deprivation
- Don’t fry vegetables
- Intake and awareness
- Don’t eat baked potatoes full of butter and sour cream

How will you use what you’ve learned in today’s workshop?

- Eat better, healthier
- Eat and look at food in a different perspective
- Eat smaller frequent meals
- Not eat from a vending machine

What topics would you recommend for future workshops?

- Cancer
- Which diet to choose - Atkins or high carb
- The same topic
- How to lose calories in a healthy way
- Best methods for exercise