

Q1 Which applies to you?

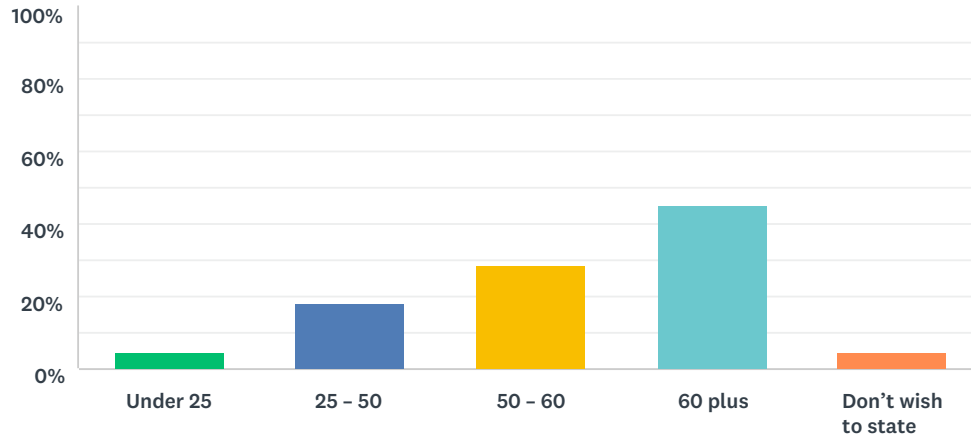
Answered: 67 Skipped: 0



ANSWER CHOICES	RESPONSES	
Resident	100.00%	67
Visiting	0.00%	0
TOTAL		67

Q2 Age bracket

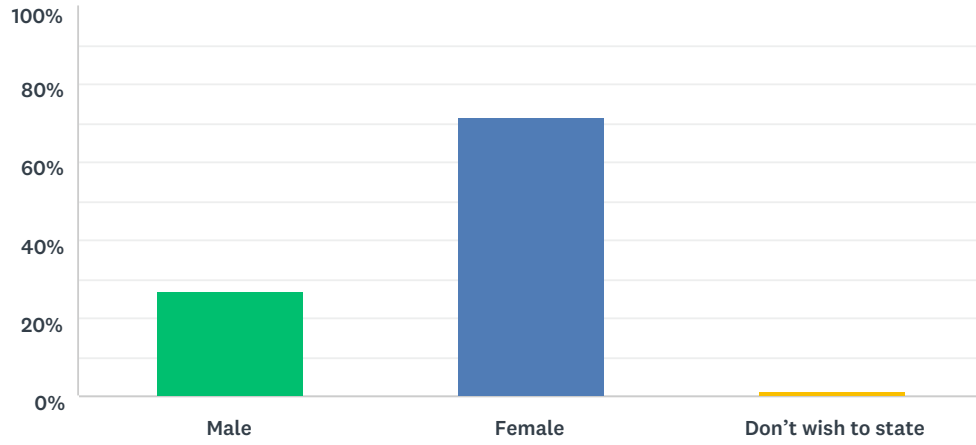
Answered: 67 Skipped: 0



ANSWER CHOICES	RESPONSES	
Under 25	4.48%	3
25 - 50	17.91%	12
50 - 60	28.36%	19
60 plus	44.78%	30
Don't wish to state	4.48%	3
TOTAL		67

Q3 Gender

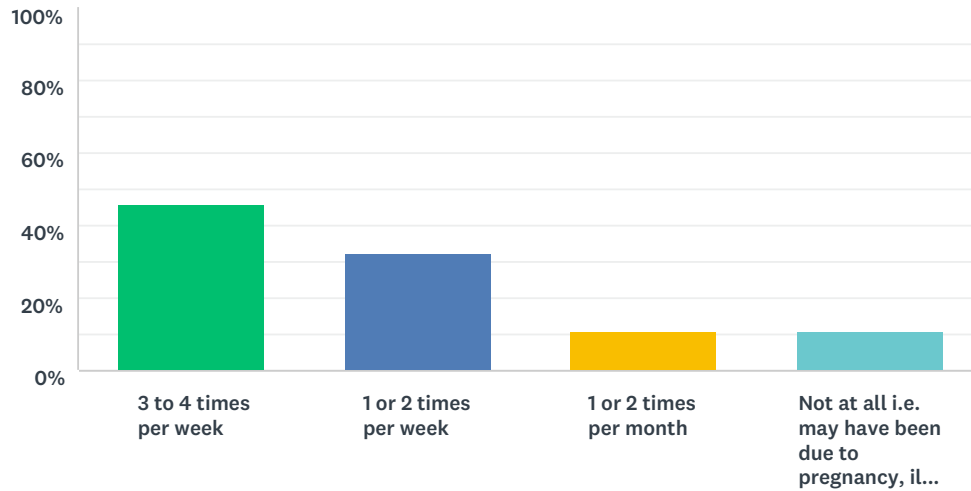
Answered: 67 Skipped: 0



ANSWER CHOICES	RESPONSES	
Male	26.87%	18
Female	71.64%	48
Don't wish to state	1.49%	1
TOTAL		67

Q4 In the last 12 months how often have you participated in some kind of exercise or activity?

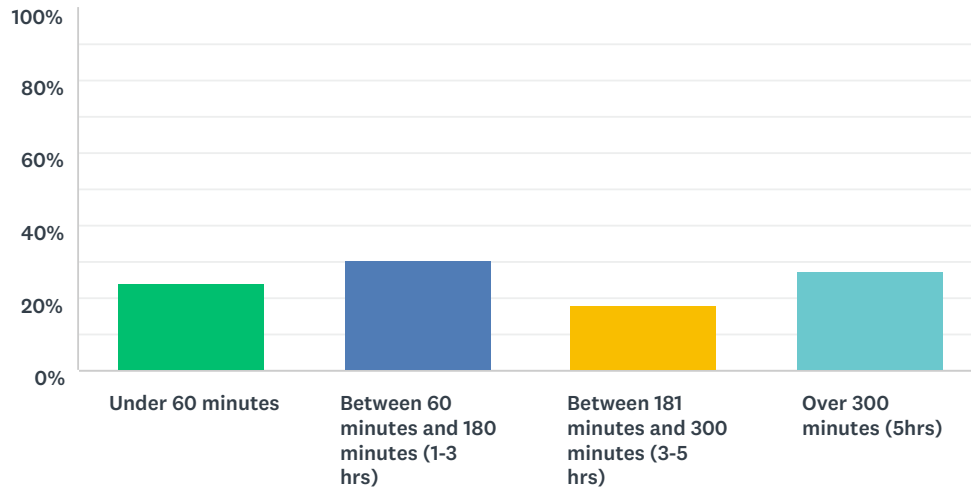
Answered: 65 Skipped: 2



ANSWER CHOICES	RESPONSES	
3 to 4 times per week	46.15%	30
1 or 2 times per week	32.31%	21
1 or 2 times per month	10.77%	7
Not at all i.e. may have been due to pregnancy, ill health or a disability	10.77%	7
TOTAL		65

Q5 How much moderate physical activity do you get in a week? (walking, water aerobics, general gardening, able to talk/hold conversation)

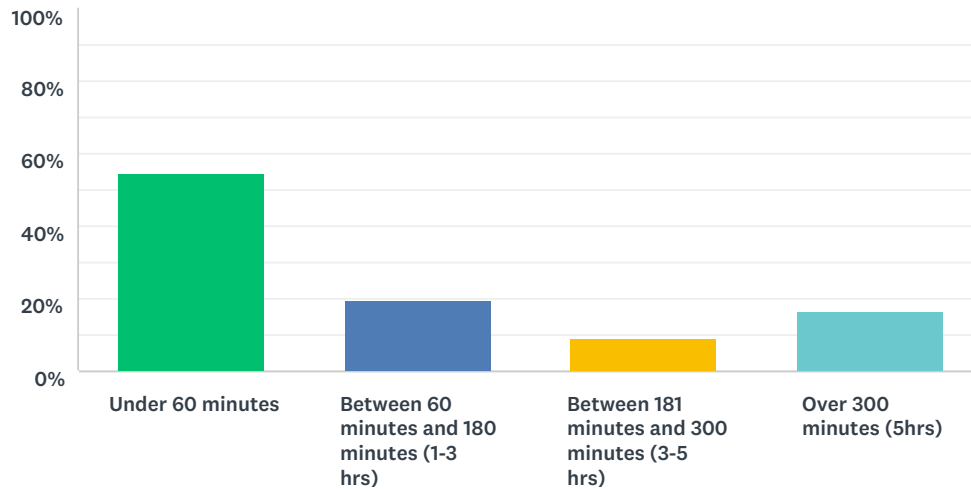
Answered: 66 Skipped: 1



ANSWER CHOICES	RESPONSES	
Under 60 minutes	24.24%	16
Between 60 minutes and 180 minutes (1-3 hrs)	30.30%	20
Between 181 minutes and 300 minutes (3-5 hrs)	18.18%	12
Over 300 minutes (5hrs)	27.27%	18
TOTAL		66

Q6 How much vigorous physical activity do you get in a week? (running, race-walking, aerobic dancing, bicycling, not able to talk/hold conversation)

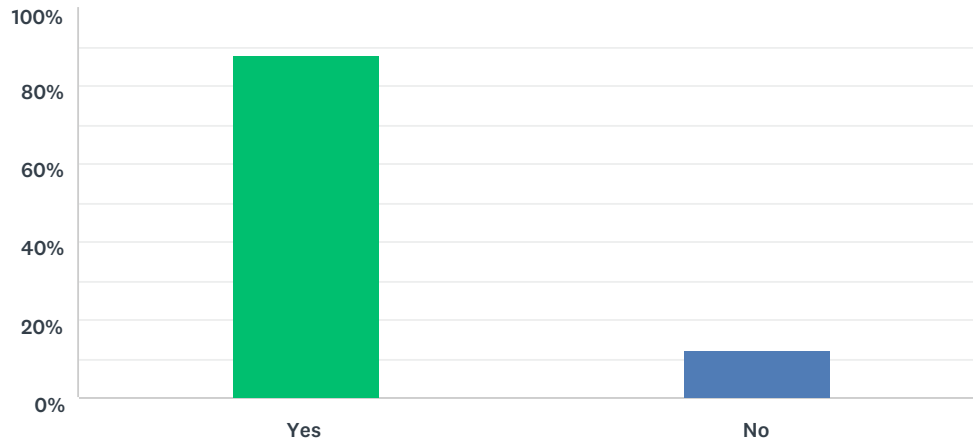
Answered: 66 Skipped: 1



ANSWER CHOICES	RESPONSES	
Under 60 minutes	54.55%	36
Between 60 minutes and 180 minutes (1-3 hrs)	19.70%	13
Between 181 minutes and 300 minutes (3-5 hrs)	9.09%	6
Over 300 minutes (5hrs)	16.67%	11
TOTAL		66

Q7 Do you think that you generally take 30 minutes of exercise over the course of a day? (Spread throughout the day)

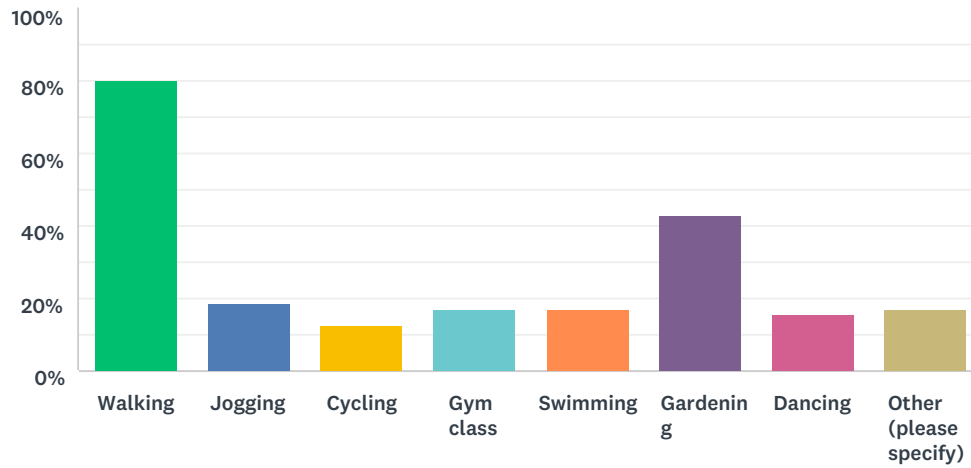
Answered: 67 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	88.06%	59
No	11.94%	8
TOTAL		67

Q8 If you are active, what sport or activity do you do?

Answered: 65 Skipped: 2

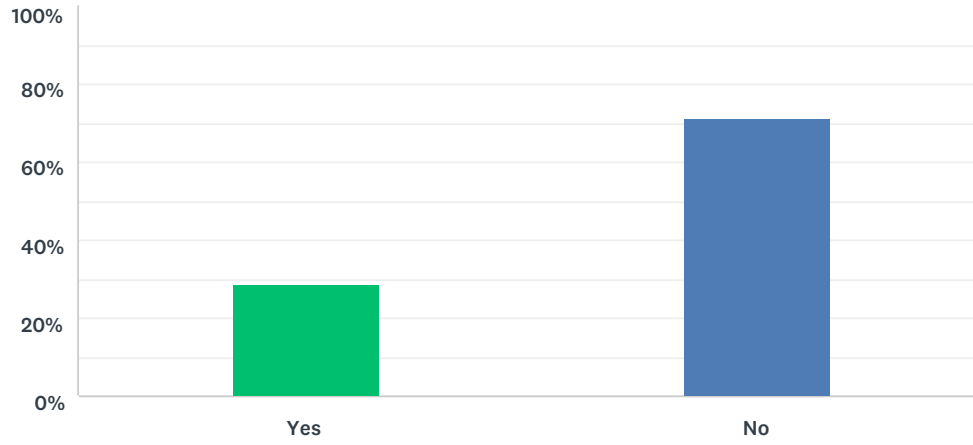


ANSWER CHOICES	RESPONSES	
Walking	80.00%	52
Jogging	18.46%	12
Cycling	12.31%	8
Gym class	16.92%	11
Swimming	16.92%	11
Gardening	43.08%	28
Dancing	15.38%	10
Other (please specify)	16.92%	11
Total Respondents: 65		

#	OTHER (PLEASE SPECIFY)	DATE
1	Roller skating and Zumba	8/20/2018 12:12 PM
2	Tai Chi	8/20/2018 11:33 AM
3	Tai Jitsu	8/20/2018 10:57 AM
4	Pushing Wheelchair	8/20/2018 10:43 AM
5	Zumba	8/20/2018 10:39 AM
6	Badminton	8/20/2018 10:36 AM
7	Exercise Bike	8/20/2018 9:50 AM
8	Housework	8/20/2018 9:40 AM
9	Housework	8/20/2018 9:34 AM
10	None	8/20/2018 9:29 AM
11	Pilates and Tennis	8/20/2018 9:27 AM

Q9 Are you a member of a sports or activity club?

Answered: 66 Skipped: 1



ANSWER CHOICES	RESPONSES	
Yes	28.79%	19
No	71.21%	47
TOTAL		66

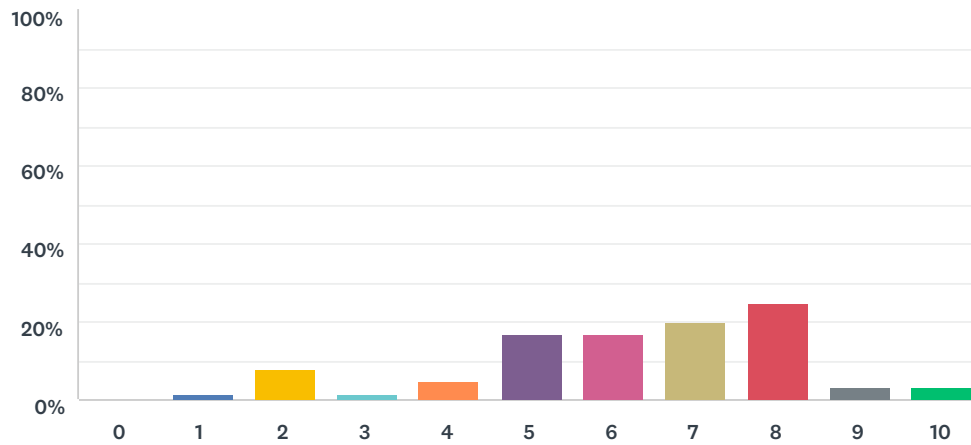
Q10 If yes, please state which sports or activity club.

Answered: 17 Skipped: 50

#	RESPONSES	DATE
1	Badminton	8/20/2018 12:10 PM
2	Greens Bowling	8/20/2018 12:01 PM
3	Dinsdale	8/20/2018 11:56 AM
4	Bannatynes	8/20/2018 11:54 AM
5	Lifestyle Fitness	8/20/2018 11:49 AM
6	Bannatynes	8/20/2018 11:48 AM
7	Dolphin Centre	8/20/2018 11:35 AM
8	Dolphin Centre	8/20/2018 11:28 AM
9	Quakers Running Club	8/20/2018 11:18 AM
10	Recar Dojo	8/20/2018 10:58 AM
11	Dolphin Centre	8/20/2018 10:55 AM
12	Dolphin Centre	8/20/2018 10:36 AM
13	Headlam Hall	8/20/2018 10:31 AM
14	Harriers	8/20/2018 10:07 AM
15	Dolphin Centre	8/20/2018 9:59 AM
16	Dolphin Centre	8/20/2018 9:46 AM
17	Tennis Club	8/20/2018 9:27 AM

Q11 On a scale of 1 – 10 how do you rate your fitness level at the moment? (0 being low and 10 high)

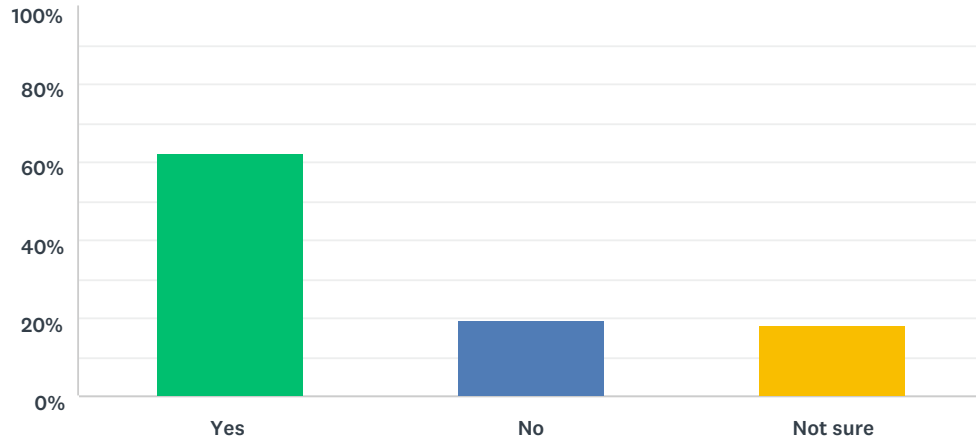
Answered: 65 Skipped: 2



ANSWER CHOICES	RESPONSES	
0	0.00%	0
1	1.54%	1
2	7.69%	5
3	1.54%	1
4	4.62%	3
5	16.92%	11
6	16.92%	11
7	20.00%	13
8	24.62%	16
9	3.08%	2
10	3.08%	2
TOTAL		65

Q12 Would you like to do more exercise?

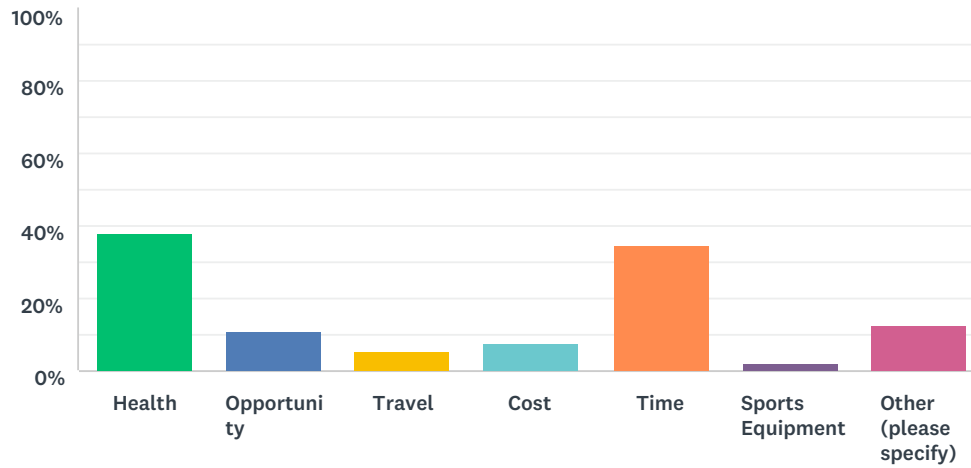
Answered: 66 Skipped: 1



ANSWER CHOICES	RESPONSES	
Yes	62.12%	41
No	19.70%	13
Not sure	18.18%	12
TOTAL		66

Q13 What stops you from being active?

Answered: 55 Skipped: 12

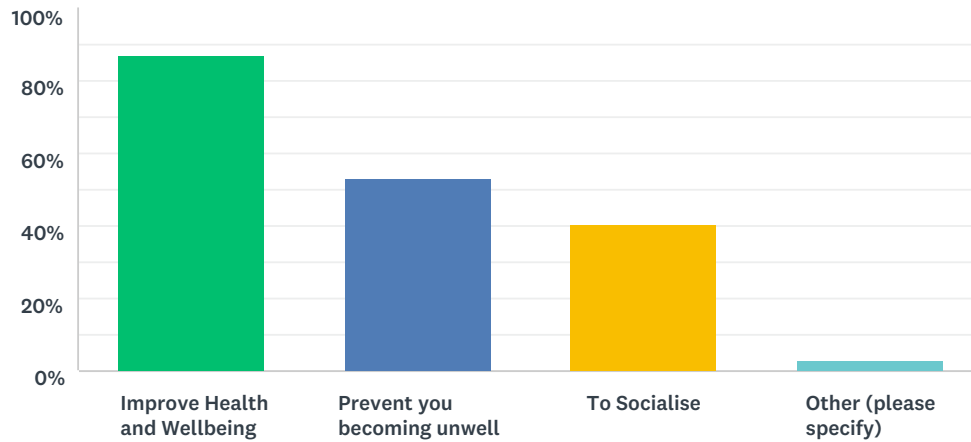


ANSWER CHOICES	RESPONSES	
Health	38.18%	21
Opportunity	10.91%	6
Travel	5.45%	3
Cost	7.27%	4
Time	34.55%	19
Sports Equipment	1.82%	1
Other (please specify)	12.73%	7
Total Respondents: 55		

#	OTHER (PLEASE SPECIFY)	DATE
1	Work and Baby	8/20/2018 12:12 PM
2	Arthritis	8/20/2018 11:35 AM
3	too tired	8/20/2018 11:08 AM
4	Work commitments	8/20/2018 11:04 AM
5	Injuries	8/20/2018 10:58 AM
6	Nothing	8/20/2018 10:53 AM
7	Carer Responsibilities	8/20/2018 9:28 AM

Q14 What are the benefits of regular exercise to you?

Answered: 62 Skipped: 5



ANSWER CHOICES	RESPONSES
Improve Health and Wellbeing	87.10% 54
Prevent you becoming unwell	53.23% 33
To Socialise	40.32% 25
Other (please specify)	3.23% 2
Total Respondents: 62	

#	OTHER (PLEASE SPECIFY)	DATE
1	Controls Weight Gain	8/20/2018 12:12 PM
2	Mental Health	8/20/2018 11:23 AM

Q15 If you had the opportunity to try a new activity what would you choose?

Answered: 34 Skipped: 33

#	RESPONSES	DATE
1	Cheaper Swimming for the Over 50's Wheelchair Aerobics	8/20/2018 12:14 PM
2	Ice Skating	8/20/2018 12:13 PM
3	tennis	8/20/2018 12:11 PM
4	Swimming	8/20/2018 12:08 PM
5	Swimming	8/20/2018 12:05 PM
6	Nordic Walking	8/20/2018 12:00 PM
7	Zumba	8/20/2018 11:51 AM
8	Pilates	8/20/2018 11:48 AM
9	Yoga	8/20/2018 11:41 AM
10	Dancing	8/20/2018 11:34 AM
11	Horse Riding	8/20/2018 11:32 AM
12	Nothing - Too Busy	8/20/2018 11:30 AM
13	Kayaking	8/20/2018 11:23 AM
14	Gym	8/20/2018 11:20 AM
15	Cycling	8/20/2018 11:09 AM
16	Exercise	8/20/2018 11:06 AM
17	Swimming	8/20/2018 11:04 AM
18	Any	8/20/2018 10:58 AM
19	Swimmiing Technique Classes	8/20/2018 10:55 AM
20	Swimming	8/20/2018 10:53 AM
21	Water Aerobics - However will not due to the layout of the mixed changing facilities at the Dolphin Centre	8/20/2018 10:40 AM
22	Not sure	8/20/2018 10:38 AM
23	Gym	8/20/2018 10:34 AM
24	Walking Football	8/20/2018 10:16 AM
25	Jogging Groups in the Whinfield Area	8/20/2018 10:09 AM
26	Walking Group	8/20/2018 9:52 AM
27	Line Dancing	8/20/2018 9:51 AM
28	Swimming	8/20/2018 9:49 AM
29	White Water Rafting Running	8/20/2018 9:47 AM
30	Horse Riding	8/20/2018 9:45 AM
31	Dancing	8/20/2018 9:40 AM
32	Weight Training	8/20/2018 9:35 AM
33	Netball	8/20/2018 9:28 AM

