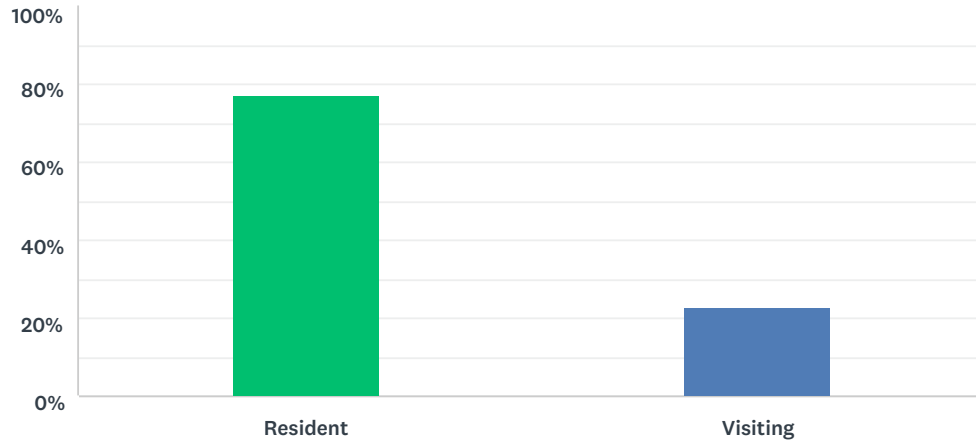


Q1 Which applies to you?

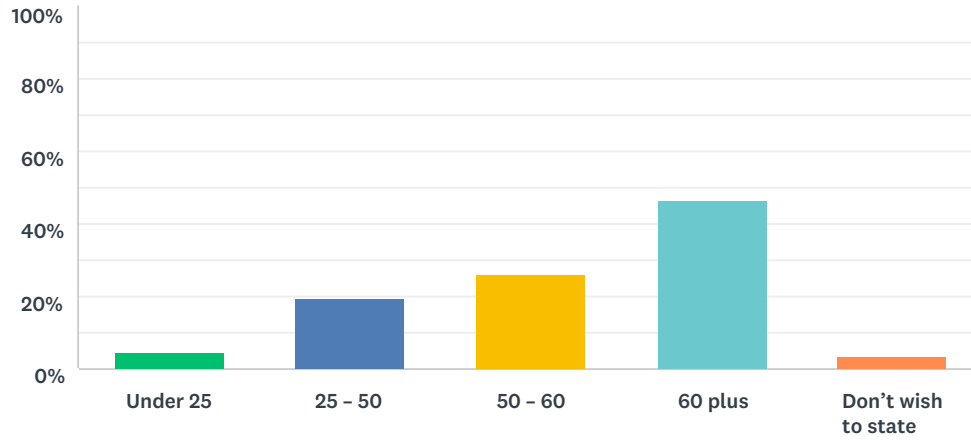
Answered: 87 Skipped: 1



ANSWER CHOICES	RESPONSES	
Resident	77.01%	67
Visiting	22.99%	20
TOTAL		87

Q2 Age bracket

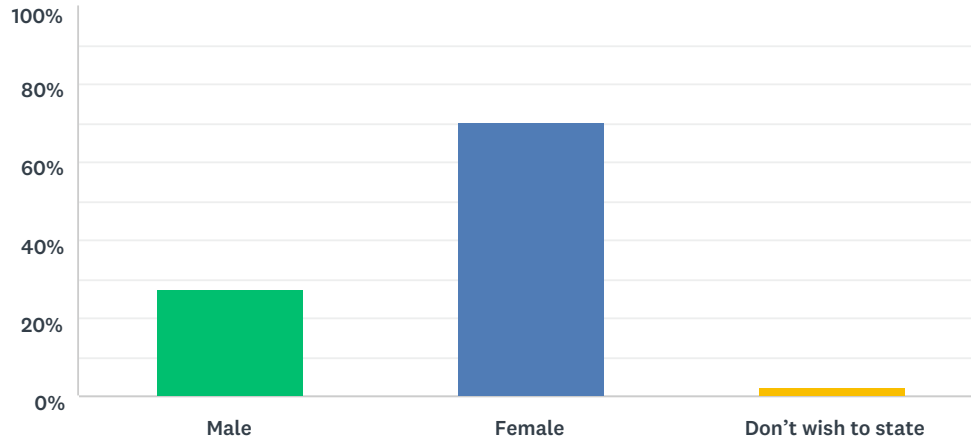
Answered: 88 Skipped: 0



ANSWER CHOICES	RESPONSES	
Under 25	4.55%	4
25 - 50	19.32%	17
50 - 60	26.14%	23
60 plus	46.59%	41
Don't wish to state	3.41%	3
TOTAL		88

Q3 Gender

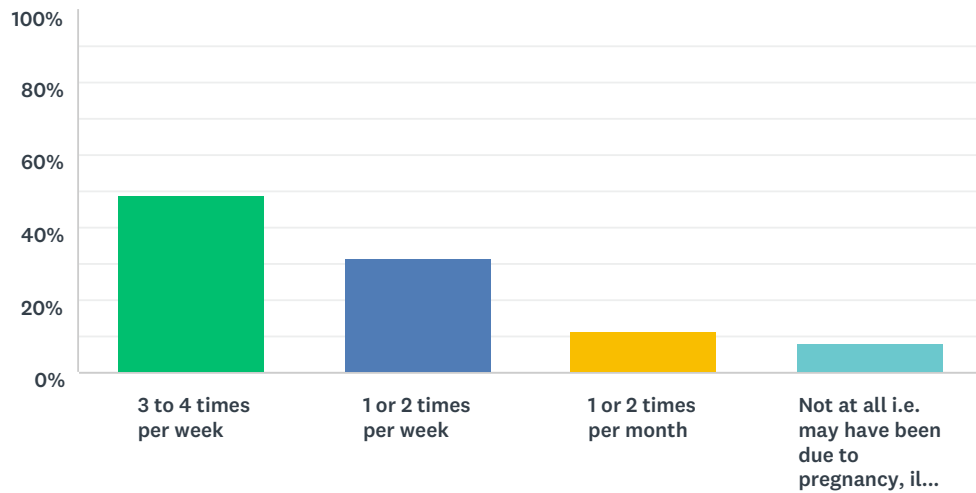
Answered: 88 Skipped: 0



ANSWER CHOICES	RESPONSES	
Male	27.27%	24
Female	70.45%	62
Don't wish to state	2.27%	2
TOTAL		88

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

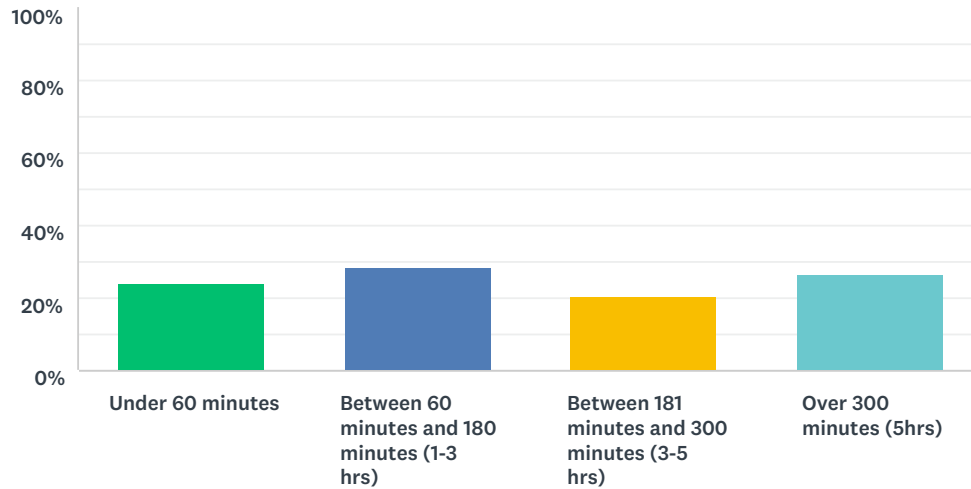
Answered: 86 Skipped: 2



ANSWER CHOICES	RESPONSES	
3 to 4 times per week	48.84%	42
1 or 2 times per week	31.40%	27
1 or 2 times per month	11.63%	10
Not at all i.e. may have been due to pregnancy, ill health or a disability	8.14%	7
TOTAL		86

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

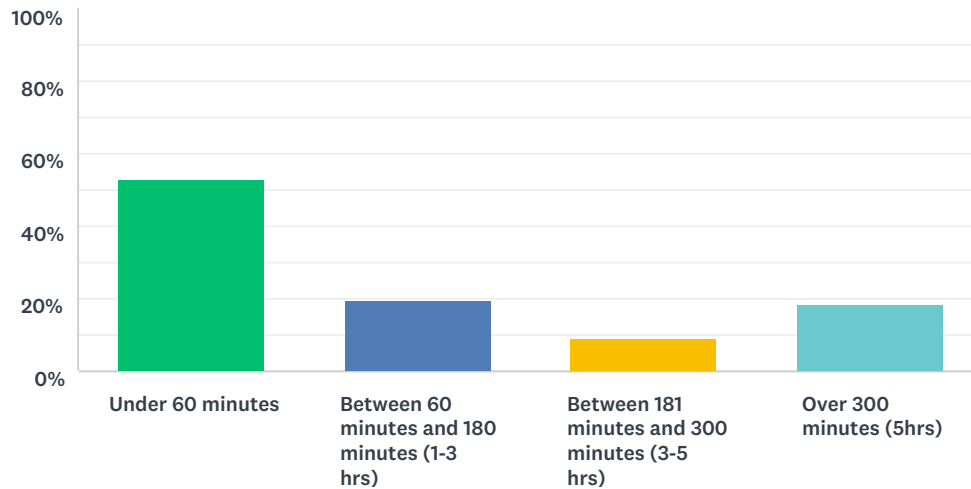
Answered: 87 Skipped: 1



ANSWER CHOICES	RESPONSES	
Under 60 minutes	24.14%	21
Between 60 minutes and 180 minutes (1-3 hrs)	28.74%	25
Between 181 minutes and 300 minutes (3-5 hrs)	20.69%	18
Over 300 minutes (5hrs)	26.44%	23
TOTAL		87

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

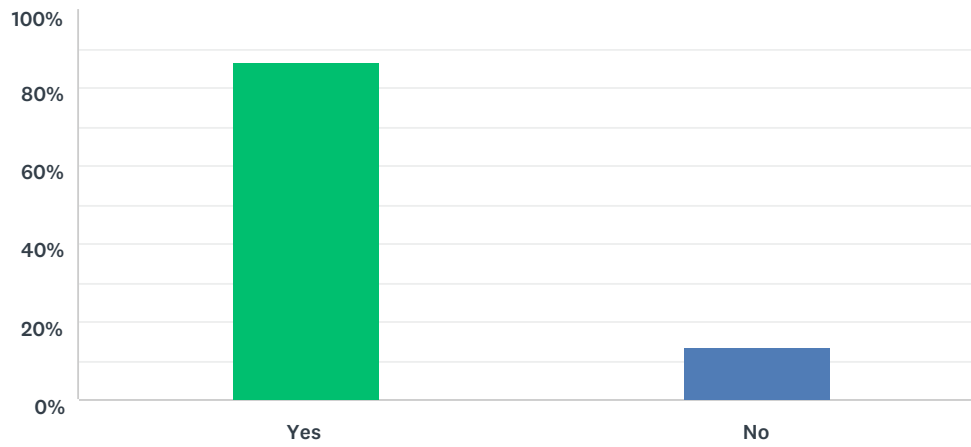
Answered: 87 Skipped: 1



ANSWER CHOICES	RESPONSES	
Under 60 minutes	52.87%	46
Between 60 minutes and 180 minutes (1-3 hrs)	19.54%	17
Between 181 minutes and 300 minutes (3-5 hrs)	9.20%	8
Over 300 minutes (5hrs)	18.39%	16
TOTAL		87

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

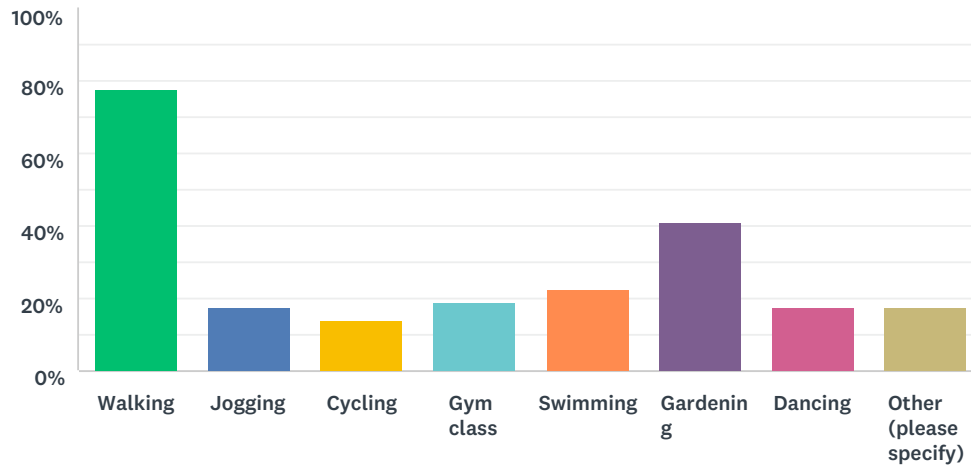
Answered: 88 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	86.36%	76
No	13.64%	12
TOTAL		88

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

Answered: 85 Skipped: 3



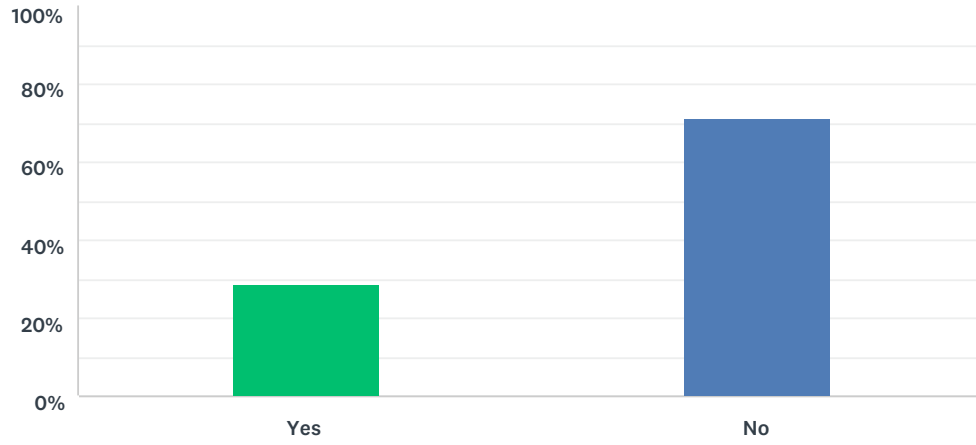
ANSWER CHOICES	RESPONSES
Walking	77.65% 66
Jogging	17.65% 15
Cycling	14.12% 12
Gym class	18.82% 16
Swimming	22.35% 19
Gardening	41.18% 35
Dancing	17.65% 15
Other (please specify)	17.65% 15
Total Respondents: 85	

#	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	Golf	8/20/2018 11:10 AM
4	Netball	8/20/2018 10:59 AM
5	Tai Jitsu	8/20/2018 10:57 AM
6	Pushing Wheelchair	8/20/2018 10:43 AM
7	Zumba	8/20/2018 10:39 AM
8	Badminton	8/20/2018 10:36 AM
9	Exercise Bike	8/20/2018 9:50 AM
10	Housework	8/20/2018 9:40 AM
11	Housework	8/20/2018 9:34 AM
12	None	8/20/2018 9:29 AM
13	Pilates and Tennis	8/20/2018 9:27 AM

14	Horse Riding	8/20/2018 9:09 AM
15	Horse Riding	8/17/2018 2:41 PM

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

Answered: 87 Skipped: 1



ANSWER CHOICES	RESPONSES	
Yes	28.74%	25
No	71.26%	62
TOTAL		87

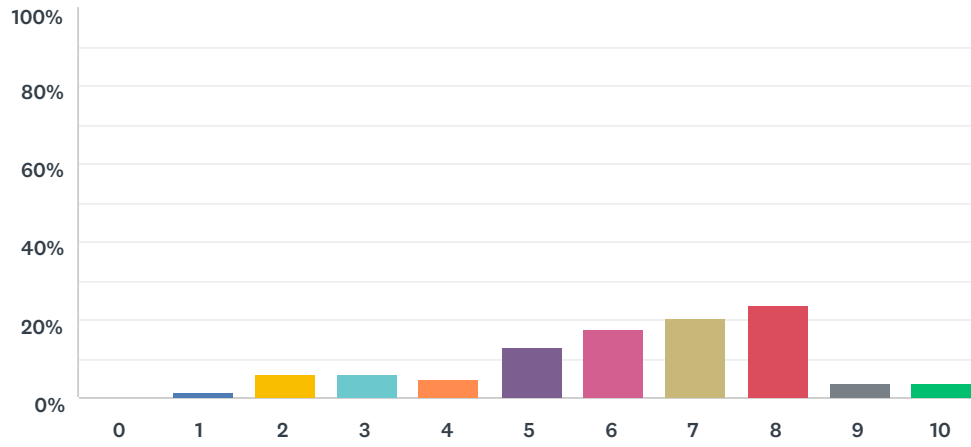
Q10 If yes, please state which sports or activity club.

Answered: 23 Skipped: 65

#	RESPONSES	DATE
1	Newton Aycliffe Recreation Centre	8/20/2018 12:17 PM
2	Badminton	8/20/2018 12:10 PM
3	Greens Bowling	8/20/2018 12:01 PM
4	Dinsdale	8/20/2018 11:56 AM
5	Bannatynes	8/20/2018 11:54 AM
6	Lifestyle Fitness	8/20/2018 11:49 AM
7	Bannatynes	8/20/2018 11:48 AM
8	Park Run	8/20/2018 11:40 AM
9	Dolphin Centre	8/20/2018 11:35 AM
10	Dolphin Centre	8/20/2018 11:28 AM
11	Quakers Running Club	8/20/2018 11:18 AM
12	David Lloyd	8/20/2018 11:17 AM
13	Bannatynes and The Rockliffe	8/20/2018 11:11 AM
14	Coxhoe Crusaders Netball Club	8/20/2018 11:00 AM
15	Recar Dojo	8/20/2018 10:58 AM
16	Dolphin Centre	8/20/2018 10:55 AM
17	Dolphin Centre	8/20/2018 10:36 AM
18	Headlam Hall	8/20/2018 10:31 AM
19	Healthlands	8/20/2018 10:22 AM
20	Harriers	8/20/2018 10:07 AM
21	Dolphin Centre	8/20/2018 9:59 AM
22	Dolphin Centre	8/20/2018 9:46 AM
23	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)

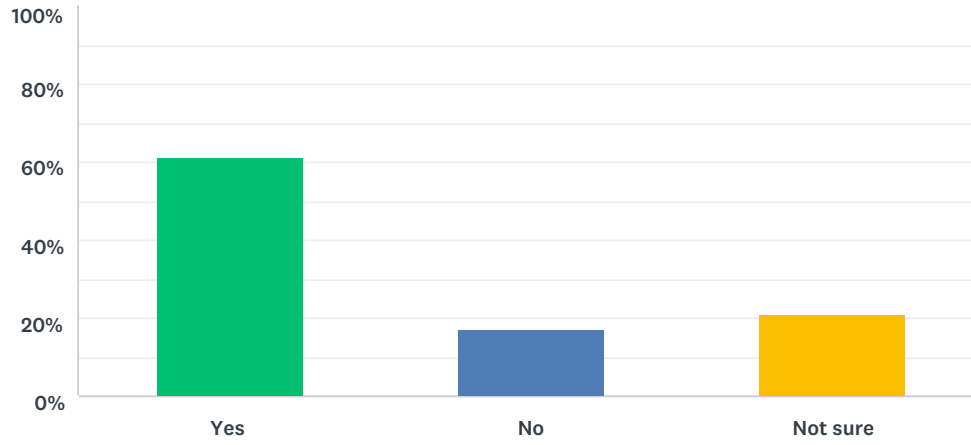
Answered: 84 Skipped: 4



ANSWER CHOICES	RESPONSES	
0	0.00%	0
1	1.19%	1
2	5.95%	5
3	5.95%	5
4	4.76%	4
5	13.10%	11
6	17.86%	15
7	20.24%	17
8	23.81%	20
9	3.57%	3
10	3.57%	3
TOTAL		84

Q12 Would you like to do more exercise?

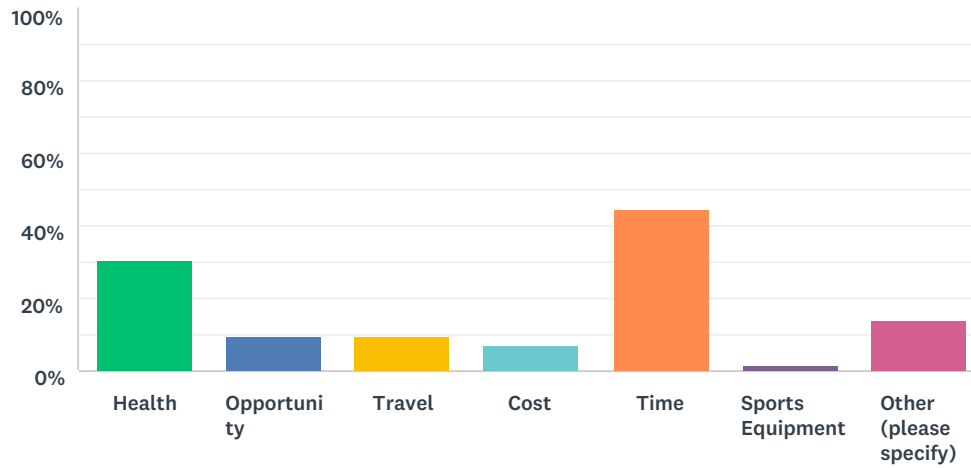
Answered: 86 Skipped: 2



ANSWER CHOICES	RESPONSES	
Yes	61.63%	53
No	17.44%	15
Not sure	20.93%	18
TOTAL		86

Q13 What stops you from being active?

Answered: 72 Skipped: 16

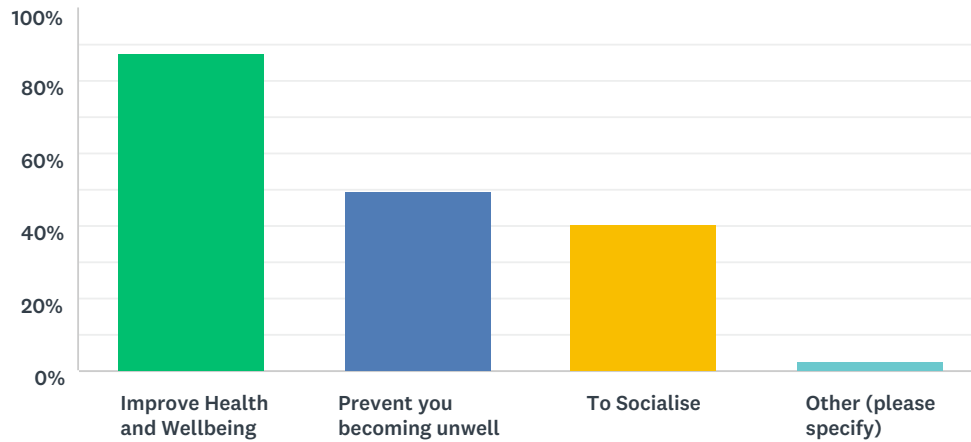


ANSWER CHOICES	RESPONSES	
Health	30.56%	22
Opportunity	9.72%	7
Travel	9.72%	7
Cost	6.94%	5
Time	44.44%	32
Sports Equipment	1.39%	1
Other (please specify)	13.89%	10
Total Respondents: 72		

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

Q14 What are the benefits of regular exercise to you?

Answered: 81 Skipped: 7



ANSWER CHOICES	RESPONSES	
Improve Health and Wellbeing	87.65%	71
Prevent you becoming unwell	49.38%	40
To Socialise	40.74%	33
Other (please specify)	2.47%	2
Total Respondents: 81		

#	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: 46 Skipped: 42

#	RESPONSES	DATE
1	Parachuting	8/20/2018 12:17 PM
2	Cheaper Swimming for the Over 50's Wheelchair Aerobics	8/20/2018 12:14 PM
3	Ice Skating	8/20/2018 12:13 PM
4	tennis	8/20/2018 12:11 PM
5	Dance Classes	8/20/2018 12:09 PM
6	Swimming	8/20/2018 12:08 PM
7	Swimming	8/20/2018 12:05 PM
8	Nordic Walking	8/20/2018 12:00 PM
9	More Dancing	8/20/2018 11:59 AM
10	Zumba	8/20/2018 11:51 AM
11	Pilates	8/20/2018 11:48 AM
12	Canoeing	8/20/2018 11:47 AM
13	Yoga	8/20/2018 11:41 AM
14	Pilates	8/20/2018 11:39 AM
15	Pilates and Yoga	8/20/2018 11:37 AM
16	Dancing	8/20/2018 11:34 AM
17	Horse Riding	8/20/2018 11:32 AM
18	Nothing - Too Busy	8/20/2018 11:30 AM
19	Water Aerobics	8/20/2018 11:26 AM
20	Spinning	8/20/2018 11:24 AM
21	Kayaking	8/20/2018 11:23 AM
22	Bowling	8/20/2018 11:21 AM
23	Gym	8/20/2018 11:20 AM
24	Cycling	8/20/2018 11:09 AM
25	Exercise	8/20/2018 11:06 AM
26	Swimming	8/20/2018 11:04 AM
27	Any	8/20/2018 10:58 AM
28	Swimmiing Technique Classes	8/20/2018 10:55 AM
29	Swimming	8/20/2018 10:53 AM
30	Water Aerobics - However will not due to the layout of the mixed changing facilities at the Dolphin Centre	8/20/2018 10:40 AM
31	Not sure	8/20/2018 10:38 AM
32	Yoga	8/20/2018 10:35 AM
33	Gym	8/20/2018 10:34 AM

34	Swimming	8/20/2018 10:23 AM
35	Walking Football	8/20/2018 10:16 AM
36	Jogging Groups in the Whinfield Area	8/20/2018 10:09 AM
37	Walking Group	8/20/2018 9:52 AM
38	Line Dancing	8/20/2018 9:51 AM
39	Swimming	8/20/2018 9:49 AM
40	White Water Rafting Running	8/20/2018 9:47 AM
41	Horse Riding	8/20/2018 9:45 AM
42	Dancing	8/20/2018 9:40 AM
43	Weight Training	8/20/2018 9:35 AM
44	Netball	8/20/2018 9:28 AM
45	Swimming	8/20/2018 9:18 AM
46	Gym Classes or Yoga	8/20/2018 9:11 AM