

# Exercise Questionnaire

## How much do you exercise in your everyday life?

This exercise questionnaire will help you get an idea of how much you exercise in your everyday life.

1. I walk up stairs equivalent to at least one flight:

- a. Hardly ever take the stairs
- b. Not more than once a day
- c. Twice a day
- d. Several times a day

2. During a normal day I'm in motion (walking, cycling, shopping, etc.)

- a. Less than 20 minutes
- b. Between 20-40 minutes
- c. About 1 hour
- d. More than 1 hour

3. I have a job that usually means:

- a. Sitting, often more than an hour at a time
- b. Mainly sitting, but with some standing or walking, at least once every hour
- c. Half sitting, half standing or walking
- d. Active all day

4. What is the most you can manage?

- a. I can't walk for one mile without stopping
- b. I can walk for one mile without stopping
- c. I can jog at a consistent but slow pace for one mile
- d. I can run at a good pace for one mile

5. How much of your time each week do you spend on indoor household activities\*?

- a. Not more than 30 minutes
- b. About 60 minutes
- c. About 120 minutes
- d. More than 120 minutes

\*(cleaning, washing dishes, clothes etc)

6. How much of your time each week do you spend on outdoor household activities\*?

- a. Not more than 30 minutes
- b. About 60 minutes
- c. About 120 minutes
- d. More than 120 minutes

\*(mowing the lawn, gardening, cleaning the snow, etc)

7. My lunch break includes a walk or some other physical activity for about 15 minutes:

- a. Hardly ever
- b. Twice a week
- c. At least three times a week
- d. Every day

# Results

(a: 0 points, b: 1 p, c: 2, d: 3p)

0-5 p

As long as you consider yourself healthy and you manage to get around you might think there is no reason to change the amount of exercise you get. Your answers though, show that you get very little physical exercise and if you want to lose weight you are probably in need of more. Remember that ALL physical activity promotes improved health and helps you lose and maintain your new weight. Starting with stretching exercises will help you get going.

6-10 p

From your answers we can make the conclusion that you are in need of increased physical exercise. No need to panic though, your present physical activity is positive, but could be increased to give you more energy to meet the needs of your life and help your weight loss.

11-17 p

Your answers show that you get enough physical exercise and activity on a daily basis. Health wise you are in pretty good shape and you have set a foundation for increasing your exercise now that you want to lose weight.

18-21 p

Health wise you are in a very good shape, but you already know that. You are highly conscious of your physical exercise needs and proactive in your exercise regime. You are somebody who has already incorporated regular activity into your daily life. Keep up the good work, but remember you can always rev up your routine another notch if you want to lose more weight.

Disclaimer:

These questions are designed for educational purposes only.

Please contact your doctor if you feel you have a health problem.