

## **Exercising: An Opinion Survey**

The World Health Organization (WHO) recommends that adults, including the elderly, perform at least 150 minutes (two hours and a half) of moderate exercise per week.

The current recommendation stresses the health benefits of moderate intensity activity and the fact that recommended levels can be accumulated by exercising for relatively short periods of time (for example, 30 minutes a day, five times a week).

We are interested in your personal opinions regarding this kind of exercise in your own life. The amount of physical exercise varies widely among individuals. The present survey tries to discover some of the reasons why people do or don't engage in regular exercise.

In the following questions, we refer to the WHO's recommendation, that is, doing at least 150 minutes of moderate exercise per week.

Some of the questions may appear to be similar, but they do address somewhat different issues. Please read each question carefully and circle the number on each scale that best reflects your opinion. There are no correct or incorrect responses; we are merely interested in your personal point of view.

All responses to this survey are anonymous and completely confidential.

Thank you for your participation in this study!

Whether I do at least 150 minutes of moderate exercise per week is entirely up to me:

definitely false : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : definitely true

I expect I will do at least 150 minutes of moderate exercise per week

extremely unlikely : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : extremely likely

For me, doing at least 150 minutes of moderate exercise per week is:

extremely useless : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : extremely useful

I should have no trouble in doing at least 150 minutes of moderate exercise per week

definitely false : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : definitely true

I am likely to do at least 150 minutes of moderate exercise per week

strongly disagree : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : strongly agree

I feel social pressure to do at least 150 minutes of moderate exercise per week

definitely false : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : definitely true

For me, doing at least 150 minutes of moderate exercise per week is:

extremely worthless : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : extremely valuable

Most people I care about think I should do at least 150 minutes of moderate exercise per week

extremely unlikely : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : extremely likely

I have decided to do at least 150 minutes of moderate exercise per week

Strongly disagree : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : strongly agree

For me, doing at least 150 minutes of moderate exercise per week is:

extremely bad : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : extremely good

People who are close to me expect me to do at least 150 minutes of moderate exercise per week

strongly disagree : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : strongly agree

For me, doing at least 150 minutes of moderate exercise per week is:

extremely boring : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : extremely interesting

Most people who are important to me encourage me to do at least 150 minutes of moderate exercise per week is reduce my energy consumption

extremely unlikely : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : extremely likely

There are few outside events that could prevent me from doing at least 150 minutes of moderate exercise per week

definitely false :\_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : definitely true

Most people nowadays try their best to do at least 150 minutes of moderate exercise per week

definitely false :\_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : definitely true

I am capable of doing at least 150 minutes of moderate exercise per week

definitely false :\_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : definitely true

I am planning to do at least 150 minutes of moderate exercise per week

strongly disagree :\_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : strongly agree

Most people in my life make an effort to do at least 150 minutes of moderate exercise per week

definitely false :\_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : definitely true

For me, doing at least 150 minutes of moderate exercise per week is:

completely impossible :\_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : definitely possible

Most people whom I respect and admire try their best to do at least 150 minutes of moderate exercise per week

definitely false :\_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : definitely true

For me, doing at least 150 minutes of moderate exercise per week is:

extremely unpleasant :\_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : extremely pleasant

Most people who are important to me try to do at least 150 minutes of moderate exercise per week

definitely false :\_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : definitely true

Doing at least 150 minutes of moderate exercise per week is beyond my personal control

definitely false :\_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : definitely true

Most people whose opinions I value approve of my doing at least 150 minutes of moderate exercise per week

extremely unlikely :\_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : extremely likely

I intend to do at least 150 minutes of moderate exercise per week

definitely not :\_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : definitely yes

Most people similar to me try to do at least 150 minutes of moderate exercise per week

definitely false : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : definitely true

Age \_\_\_\_\_

Sex (M F) \_\_\_\_\_

Education \_\_\_\_\_