

Get Active Health Trip

Want to give it a go?

Simply select the answer to **each** question that most reflects your lifestyle. Then check to see how you did. Remember to be honest!

I regularly take part in active leisure/hobbies such as gardening, DIY, walking, dancing:

- Never
- Always
- Sometimes

In a typical week, my job or daily routine involves me:

- Watching TV, reading, using a computer, sitting and chatting, meetings etc.
- Moving, lifting and carrying, walking briskly, digging, running, cycling etc.
- Regularly standing and sitting, light gardening, walking around.



In a typical day, I eat breakfast:

- Always
- Occasionally
- Never



When travelling a short distance (up to one mile) I usually:

- take the car or get a lift
- Get on my space hopper
- Walk, run or cycle



A typical evening is spent:

- Walking briskly, running, cycling or another active hobby.
- Partly sat down/partly busy - walking the dog, gardening a bit of TV, some reading or a little computer.
- Watching TV, reading or on the computer for hours.



Do you eat desserts, chocolate, crisps, sweets or cakes?

- Sometimes
- Very occasionally
- Every day



If you need to go to the second floor of a building, do you

- Shin up the drainpipe
- Walk up the stairs
- Use the lift/escalator

In a typical day, I drink...

- 2 litres of water, or more.
- at least a litre of water.
- A glass of water.

I experience good quality sleep:

- Sometimes
- Never
- Always



During the week I deliberately include some physical activity for my health:

- Always
- Sometimes
- Never



I take part in sport or physical activities such as swimming, cycling, fitness classes, football...

- Sometimes
- Never
- Regularly



When was the last time you did stretching exercises?

- I go to an exercise class once/twice a week!
- Two days after Christmas - when I was given an exercise video!
- I sometimes stretch when I wake up in the morning!



In a typical day, how many portions of fruit and veg to you have?

- None
- five or more portions
- One or two portions



Well done, you made it! Use our results checker to see how active you are!

STOP

"The Get Active campaign has experienced huge success and hopefully people are reaping the benefits. There is an enormous choice of physical activity and sports opportunities for people to try and I would urge everyone to try at least one of them."

CLL Jennifer Gray, Portfolio holder for Active & Healthy Lifestyles

Get Active...
East Hampshire