**Project Check your life style**

Name and surname **:……………………………………..**

**QUESTIONNAIRE 3**

**How much physical activity do you need?**

*Please answer the questions with one of the following:*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **A** | **B** | **C** | **D** | **E** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **QUESTIONS** | **A** | **B** | **C** | **D** | **E** |
| 1)How long do you practise moderate intensity activities every day ? \*(i.e., brisk walking) | At least 15 ‘ | At least 30’ | 1 hour | 2 hours | More than 2 hours |
| 2)How long do you practise vigorous intensity aerobic activities every week? \*\*(i.e., jogging or running) | never | 15’ | 30’ | 1 hour | 2 hours or more |
| 3)How long do you practise muscle strengthening activities every week? #(work of the all major muscle groups like legs, hips, back, abdomen, chest, shoulders, and arms). | never | 15’ | 30’ | 1 hour | 2 hours or more |
| 4)How long do you practise bone strengthening activities every week? ## | never | 15’ | 30’ | 1 hour | 2 hours or more |
| 5)Have you ever practised a sport in the last 2 months ? | never | seldom | sometimes | often | always |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | A | B | C | D | E |
| 1) | 0 | 1 | 2 | 3 | 4 |
| 2) | 0 | 1 | 2 | 3 | 4 |
| 3) | 0 | 1 | 2 | 3 | 4 |
| 4) | 0 | 1 | 2 | 3 | 4 |
| 5) | 0 | 1 | 2 | 3 | 4 |

\*Some examples of moderate intensity activities are:

* Walking fast
* Doing water aerobics
* Riding a bike on level ground or with few hills
* Playing doubles tennis
* Pushing a lawn mower.

\*\* Some examples of vigorous intensity aerobic activities are:

* Jogging or running
* Swimming laps
* Riding a bike fast or on hills
* Playing singles tennis
* Playing basketball

# There are many ways you can strengthen your muscles.You may want to try the following:

* Lifting weights
* Working with resistance bands
* Doing exercises that use your body weight for resistance (i.e., push ups, sit ups)
* Heavy gardening (i.e., digging, shoveling)
* Yoga

##Many ways to strengthen your bones .

* Hopping, skipping, jumping
* Jumping rope
* Running
* Sports such as gymnastics, basketball, volleyball, tennis.

**Your total score is …….**

Range 0 - 4 your activity level is insufficient and unsatisfactory

Range 5- 8 your activity level is not enough

Range 9- 12 your activity level is sufficient and satisfactory

Range > 12 your activity level is excellent