



# Everybody Active Questionnaire

The City of Langley strives to ensure that recreation programs and services are available to our entire community. The purpose of this questionnaire is to learn more about the barriers to physical activity for individuals in our community. We plan to use this information to improve access to recreation and promote healthy, active living in Langley.

1. Are you male or female?

- Male
- Female

2. Where do you currently live?

- City of Langley
- Township of Langley
- City of Surrey
- Other: \_\_\_\_\_

3. What is your age?

- Under 34
- 35-40
- 41-45
- 46-50
- 51-54
- 55+

4. Please indicate your **family size**. Only include those family members who **live within your household** or **depend on you financially**.

Number (#) of Children (age 0-18) = \_\_\_\_\_

Number (#) of Adults (age 19+) = \_\_\_\_\_

5. What is your **total household income**?

- Up to \$19 999
- \$20 000-\$24 999
- \$25 000-\$29 999
- \$30 000-\$39 999
- \$40 000-\$49 999
- \$50 000 +
- Don't know

6. During a typical week, **how often** do you accumulate at least **30 minutes** of physical activity in a day? The 30 minutes can be made up of **several activities**, but activities must last **10 minutes or more** to be included in your daily total. This can include any activities that make you sweat, make your legs feel tired, or make you breathe hard (e.g. brisk walking, biking, raking leaves, swimming, dancing, work-related activities).

- Never
- 1 time per week
- 2-3 times per week
- 4-5 times per week
- 6+ times per week

7. What physical activities do you currently participate in? **Check all that apply.**

- Walking
  - Jogging
  - Gardening/yard work
  - Swimming
  - Biking
  - Dancing
  - Aerobics
  - Weight training
  - Team sports
  - Work-related activities (e.g. physical labour)
  - Other: \_\_\_\_\_
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8. What stops you from being more active? **Check all that apply.**

- Being active is not important to me
- I don't enjoy exercising
- I don't have time to exercise
- I don't like sports
- I don't have the energy to exercise
- I'm not motivated to be active
- I don't know how to be active
- I can't because of my disability
- I can't afford to join a fitness centre
- I can't afford to buy equipment
- Programs at local recreation centres cost too much
- I'm afraid I'll get injured
- My health
- I'm embarrassed about how I will look when I exercise
- I have no one to exercise with
- Exercise takes too much time away from my family responsibilities
- I can't afford to pay for child care
- My family members don't support my efforts to be more active
- Bad weather
- I don't feel safe walking in my neighbourhood
- Places for me to exercise are too far away
- I don't have access to transportation
- I don't know what programs and activities are offered in my area
- I haven't found any physical activities that I enjoy
- Other: \_\_\_\_\_

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9. Would you like to **change** your physical activity habits?

- Yes
- No

10. What could the **City of Langley** do to **support you** in increasing your physical activity habits?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

11. What would be the best way(s) to provide you with more information about recreation programs and services in Langley? **Check all that apply.**

- Newspaper
- Email
- Mail
- Recreation Guide
- Website
- I'm not interested in learning more about recreation programs and services
- Other: \_\_\_\_\_

12. Which of the following services would support you in becoming more active? **Check all that apply.**

- Information on what programs are available in my area
  - Advice on where to start!
  - Help to get motivated
  - A safer neighbourhood
  - Cheaper programs and activities at local recreation facilities
  - Trial or "taster" sessions at local recreation facilities
  - Support for my specific needs (e.g. disability)
  - People to exercise with
  - Women's only/Men's only programs
  - Child minding at local recreation facilities
  - Children's programs running at the same time as adult programs
  - Don't know
  - Other: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Thank you for completing our questionnaire – we value your input!**

Please return this questionnaire to \_\_\_\_\_ by November 27<sup>th</sup>, 2009.

- OR -

**Drop off your completed questionnaire at either the Douglas Recreation Centre (20550 Douglas Crescent) or Timm's Community Centre (20355 Douglas Crescent). For more information on recreation programs and services in Langley, please contact us at 604-514-2865.**

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