Activity choices

Tick the boxes beside the activities that interest you.

Everyday physical exercises

- ☐ Break up the amount of time sitting / lying
- ☐ Gardening
- ☐ Walking
- ☐ Washing the car
- ☐ Housework
- ☐ Climbing the stairs

Hobbies

- ☐ Bowling
- ☐ Dancing
- ☐ Craft & creative projects
- ☐ Social groups

Exercise

- ☐ Home based exercise programmes
- ☐ Tai Chi / Yoga / Pilates
- ☐ Weight Training
- ☐ Chair Based exercise programme
- ☐ Cycling
- ☐ DVD / Computer exercise programmes
- ☐ Gym programme
- ☐ Swimming
- ☐ Walking group
- ☐ Walking based sports
- ☐ Accessing the community with a mobility scooter or wheelchair
- ☐ Ball sports
- ☐ Archery
- ☐ Outdoor gym
- ☐ Exercise classes