



# Physical Activity

Do you do enough sport?



## Physical activity: give your health a boost

The questionnaire on the next page (questionnaire by J. Ricci and L. Gagnon as amended by F. Laureyns and JM Séné) enables you to define your own profile quickly: very active, active, inactive?





<b>(A) Sedentary lifestyle</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>Score</b>
<i>How much time do you spend seated every day?</i>	<i>over 5 h</i>	<i>4 to 5 h</i>	<i>3 to 4 h</i>	<i>2 to 3 h</i>	<i>less than 2h</i>	
<i>Total (A)</i>						
<b>(B) Leisure physical activities (including sport)</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>Score</b>
<i>Do you have one or more physical activities ?</i>	<i>No</i>				<i>Yes</i>	
<i>How often do you do all these activities?</i>	<i>1 to 2 a month</i>	<i>Once a week</i>	<i>Twice a week</i>	<i>3times a week</i>	<i>4times a week</i>	
<i>How many minutes on average do you devote to each physical activity session?</i>	<i>Less than 15 min.</i>	<i>16 to 30 min</i>	<i>31 too 45 min</i>	<i>46 to 60 min</i>	<i>more than 60 min</i>	
<i>How do you usually perceive the effort?1:easy,5: difficult</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	
<i>Total (B)</i>						
<b>(C) Daily physical activities</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>Score</b>
<i>What physical intensity does your job require?</i>	<i>light</i>	<i>Moderate</i>	<i>Ave- rage</i>	<i>Inten- se</i>	<i>Very intense</i>	
<i>How many hours a week do you spend doing light work (gardening, household...)?</i>	<i>Less than 2h</i>	<i>3 to 4 h</i>	<i>5 to 6h</i>	<i>7 to 9 h</i>	<i>more than 10h</i>	
<i>For how many minutes do you walk each day?</i>	<i>Less than 15 min.</i>	<i>16 to 30 min</i>	<i>31 to 45 min</i>	<i>46 to 60 min</i>	<i>&gt; 60 min</i>	
<i>On average how many stairs between floor do you climb every</i>	<i>Less than 2</i>	<i>3 to 5</i>	<i>6 to 10</i>	<i>11 to15</i>	<i>+ 16</i>	
<i>Total (C)</i>						
<i>Total (A)+(B)+(C)</i>						

*Less than18: Inactive*

*Between 18 and 35 Active*

*Over 35 Very active*