

U3a Walking Group Research Questionnaire

A revised version of the walking group is proposed, so that any walking group formed is created in a way that meets the needs of as many people as possible, please only complete this questionnaire if you are genuinely interested in walking and or health, mobility or coordination improvement.

Please provide your name_____Contact Phone No_____

PLEASE CIRCLE YOUR ANSWERS

How often do you walk for exercise or pleasure

More than once daily Daily 3 or more times a week
2 Days a week 1 day a week

What is your average walk distance per walk

1 mile 2 miles 3 miles 4 miles 5 miles
5-10 miles 10-20 miles

What is your average walking time on each walk

Less than 1hr 1 hr 2hrs 3hrs 4hrs 5-10hrs

What are your 3 main reasons for walking

To stay or keep fit To get outdoors To maintain or improve mobility
To be sociable and meet friends Because I like it To see new places
My doctor told me to

Can you walk up hills

No not for me Yes for a short distance Yes for a moderate distance
Yes, I enjoy walking up a hill with rests I climb mountains

After your average walk, how do you feel

Exhausted A bit tired Just fine Invigorated

Please circle the activities you may like to have incorporated in to walks with U3a

Walks with mobility exercises Walks with coordination exercises
Walks with strength improvement exercises Walks to improve posture Walks to lunch
Walks on moderate hills (below tree line) Nordic walking (with poles) Day walks including rest stops

What is ideal amount of time you would want to spend on a walk____Hrs and what distance _____ miles

What are the best days for you to go walking_____

Any comments_____

