



# Stage of Readiness QUESTIONNAIRE



Would you like to increase your physical activity levels?  
If yes, which statement best describes you?

- 1) I do not intend to increase my physical activity in the NEXT 6 MONTHS
- 2) I intend to increase my physical activity in the NEXT 6 MONTHS
- 3) I intend to increase my physical activity in the NEXT 30 DAYS
- 4) I have been physically active for LESS THAN 6 MONTHS
- 5) I have been physically active for MORE THAN 6 MONTHS

If you chose 1, 2 or 3 please ask your doctor about receiving a participant walking kit.

If you chose 4 or 5, please keep up the good work!

Regular exercise is any planned physical activity (*e.g. walking, aerobics, jogging, bicycling, swimming, rowing, etc.*) performed to increase physical fitness. The activity should be performed 3 to 5 times per week for 20 to 60 minutes per session. Exercise does not have to be painful to be effective but should be done at a level that increases your breathing rate and causes you to break a sweat or perspire noticeably. *Remember, when it comes to getting active, every move is a good move!*



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