



# Race for Well-Being: Group Race Questions

**Note: This activity has been adapted from the "Health Race Game", developed by Kerensa Medhurst and the Canadian Cancer Society (BC and Yukon) Prevention Team.**



A joint initiative of BC Recreation and Parks Association and the Heart and Stroke Foundation of BC & Yukon.

## OPTION 1 - GROUP RACE

### Race for Well-being Questions

Read each question out loud to your race participants. If the answer is YES, take a step forward. If the answer is no, take a step backward. Otherwise, they must not move!

Do you feel safe walking in your neighbourhood at night?

Can you communicate easily with people you have just met?

Can you go somewhere to be physically active quickly and easily? (within 10 min)

Do you have someone you can count on or confide in during a time of crisis?

Are you employed at a job or engaged in a position (including a stay-at-home mom) that you enjoy?

Do you live within a 5-10 minute walk to a grocery store?

Do you consider your work to be very stressful?

Can you afford to purchase equipment that would help you be physically active (such as walking shoes, a bathing suit, a basketball or a tennis racquet)?

Does your family and/or social history value recreation and physical activity?

Do you think your input would be valued if you voiced your opinion about improving services in your community?

Is daily physical activity a priority for you?

Do you have enough money to join a gym or hire a personal trainer for 10 weeks?

Are you comfortable practicing your cultural/religious beliefs and holidays at work or school?

Do you feel confident discussing physical or mental health problems with a professional?

Do you feel comfortable wearing a bathing suit in public?



ActNowBC.ca

An initiative of these BC Healthy Living Alliance members



Canadian Cancer Society  
BRITISH COLUMBIA AND YUKON



Canadian Diabetes Association



HEART & STROKE FOUNDATION OF BC & YUKON  
Finding answers. For life.

