



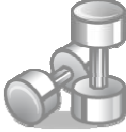








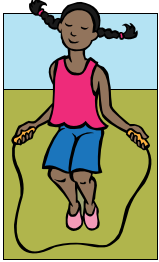

I would like to be more active by...

<p>Walking</p> 	<p>Classes (yoga, dance, boot camp...)</p> 
<p>Swimming</p> 	<p>Gardening</p> 
<p>Biking</p> 	<p>Weights at the gym</p> 
<p>Team sports (soccer, volleyball...)</p> 	<p>Other (please list)</p> 

I find it hard to be active because...

<p>It costs too much</p> 	<p>I don't like being active by myself</p> 
<p>I don't know where to go</p> 	<p>It's too hard to get to</p> 
<p>I need childcare</p> 	<p>I don't feel safe or comfortable</p> 
<p>I don't have time</p> 	<p>Other (please list)</p> 

How I'm active now...

<p>I walk in my neighbourhood</p> 	<p>I go to the community centre</p>
<p>I take classes (dance, yoga...)</p> 	<p>I go the gym</p> 
<p>I swim</p> 	<p>I play with my kids</p> 
<p>I'm active in my home</p> 	<p>Other (please list)</p> 