

# Keeping Active Over 60



**Keeping active is essential to remaining fit and healthy and there are already a host of activities suitable for everyone aged 60+ within CCBC communities.**

We have been fortunate enough to obtain some funding to provide further physical activity opportunities. However, we want to make sure we are providing more of what you want and like. Please can you spare a few minutes of your time to complete the following questionnaire to inform us in our future planning and decisions.

If you are already active, people over the age of 60 are recommended to undertake at least 150 minutes of moderate intensity physical activity (such as brisk walking, riding a bike, hiking, etc) or 75 minutes of vigorous intensity physical activity (such as jogging/running, hiking up hill, aerobics, dancing, playing football etc) a week or a combination of both.

**1.** Did you take part in any physical activity before or during lockdown? *✓ Please tick all that apply:*

Before lockdown  During lockdown  No

**2.** How many times a week did you take part in physical activity? *✓ Please tick:*

	Before lockdown	During lockdown
Once a week	<input type="checkbox"/>	<input type="checkbox"/>
Twice a week	<input type="checkbox"/>	<input type="checkbox"/>
Three times a week	<input type="checkbox"/>	<input type="checkbox"/>
4 or more times a week	<input type="checkbox"/>	<input type="checkbox"/>

**3.** What activities have you taken part in?

*✓ Please tick all that apply:*

	Before lockdown	During lockdown
Cycling	<input type="checkbox"/>	<input type="checkbox"/>
Brisk walking	<input type="checkbox"/>	<input type="checkbox"/>
Aerobics	<input type="checkbox"/>	<input type="checkbox"/>
Running	<input type="checkbox"/>	<input type="checkbox"/>
Swimming	<input type="checkbox"/>	<input type="checkbox"/>

*Other, please write in:*

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**4.** We are keen to provide enjoyable and fun activities that are accessible for people over 60 within our communities across the Caerphilly County Borough. Would you prefer to undertake activities, in an indoor and /or outdoor setting?

*✓ Please tick one:*

Indoor  Outdoors  Both

**5.** What have been your main reasons for not taking part in physical activity previously?

*✓ Please tick all that apply:*

- I don't feel safe  
 Poor weather  
 Costs are too high  
 Lack of transport  
 I don't have the right equipment  
 I don't like taking part in physical activity alone

*Other, please write in:*

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**6.** Do you plan to take up exercise or physical activity once lockdown has finished? *✓ Please tick one:*

Yes  No  Don't know

**7.** What do you feel are the barriers to you taking part in (or returning to) physical activity?

*✓ Please tick all that apply:*

- I don't feel safe  
 Poor weather  
 Costs are too high  
 Lack of transport  
 I don't have the right equipment  
 I don't like taking part in physical activity alone

*Other, please write in:*

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8. What time of day do you prefer to take part in physical activity? ✓ *Please tick all that apply:*

- Morning     Afternoon     Evening

9. Which, if any, of the following activities would you like to try? ✓ *Please tick all that apply:*

- |  |  |
|--|--|
| <input type="checkbox"/> Aerobics        | <input type="checkbox"/> Swimming      |
| <input type="checkbox"/> Dancing         | <input type="checkbox"/> Aqua Aerobics |
| <input type="checkbox"/> Geocaching      | <input type="checkbox"/> Fitness Class |
| <input type="checkbox"/> Walking hockey  | <input type="checkbox"/> Yoga          |
| <input type="checkbox"/> Walking netball | <input type="checkbox"/> Cycling       |
| <input type="checkbox"/> Paddle Boarding | <input type="checkbox"/> Other ...     |

**Please write in:**

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10. Do you prefer to take part in physical activity as part of an organised session or group or do you prefer to take part in physical activity alone or with a small group of friends?

✓ *Please tick one:*

- I prefer to exercise alone  
 I prefer to exercise with a small group of friends  
 I prefer to exercise as part of a group

11. If your responses to any of the questions above have been influenced (positively or negatively) because of any of the following; ethnic origin, gender, age, marital status, sexual orientation, disability, religious beliefs or non beliefs, use of Welsh language, BSL or other languages, nationality or responsibility for any dependents:

**Please give details below:**

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## About you

**These questions are not compulsory but will help us ensure that the services we provide are suitable for all.**

**My age:**

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**I am:**

<input type="checkbox"/> Female	<input type="checkbox"/> Prefer not to say
<input type="checkbox"/> Male	<input type="checkbox"/> Other (please specify):

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**Do you have a disability? ✓ Please tick one:**

- Yes     No     Prefer not to say

**What is your main language?**

✓ *Please tick one:*

- |                                  |  |
|----------------------------------|--|
| <input type="checkbox"/> English | <input type="checkbox"/> Prefer not to say       |
| <input type="checkbox"/> Welsh   | <input type="checkbox"/> Other (please specify): |
- 
- 


**Are you or a member of your household currently serving in the armed forces or an armed forces service leaver?**

✓ *Please tick one:*

- Yes, I am/was a member of the armed forces  
 No  
 Yes, a member of my household is/was a member of the armed forces  
 Prefer not to say

**My postcode is:**

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 *Thank you for taking the time to complete this short questionnaire.*