



## Active Launceston Survey 2012

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**Thankyou for completing this Active Launceston survey.  
It will take approximately 5 minutes.**

**Move more, live more with Active Launceston.**

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**1. What is your gender?**

- Male
  - Female
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**2. What is your suburb?**

- St Leonards
- Newstead
- East Launceston
- South Launceston
- Youngtown
- Summerhill
- Prospect
- Norwood
- Launceston
- Kings Meadows
- West Launceston
- Punchbowl
- Newnham

- Trevallyn
- Invermay
- Waverly
- Mayfield
- Ravenswood
- Mowbray
- Rocherlea

Other

• Comment:

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500 characters left.

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### 3. How old are you?

- 0 - 15 years
  - 16 - 19 years
  - 20 - 24 years
  - 25 - 34 years
  - 35 - 44 years
  - 45 - 54 years
  - 55-64 years
  - 65-74 years
  - 75 years and over
-

**4. Which Active Launceston activities did you participate in? (tick as many as appropriate)**

- Active Parks
- Ride to Work Day
- Walk to Work Day
- Active Kids
- Active Garden
- Inveresk Park and Walk
- Sports Ability Hub
- GOLD - Growing Older Living Dangerously
- Active Bike
- Active Walk Run
- Active Launceston Expo
- Activate Your Life
- Active Aqua, Active Hydro or Active Swim (i.e. Active Aquatics)
- Active Workplaces
- Active and Alive
  
- Other

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**5. Have you participated in any Active Launceston endorsed activities or been to any Active Launceston endorsed organisations? (tick as many as appropriate) These are activities that Active Launceston support and promote but don't actually fund or manage.**

- Swing Dancing
- Fit n Kicking
- Dance Fit
- UNIGYM
- PCYC
- Launceston City Council initiatives including, Active City Park, Ride Launceston, CRLA
- CHAT Pram Walking Groups
- Heart Foundation Walking
- Fernwood and Health and Fitness World
- Wednesday Walkers
- Leaning Church Vineyard
- Active After School Communities
- Launceston Mountain Bike Club Twilight Racing
- Tamar Bicycle Users Group (TBUG)
- Dragons Abreast Boat Paddling
- Heals and Souls Dance World
- Roller Derby
- State Bike Week
- Kelly Sports
- Royal Park Croquet Club

Other

• Comment:

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## 6. How did you find out about the activities?

- Television
- Radio
- Newspaper
- Poster/Flyer/Brochure
- Mail Out
- Website
- Word of Mouth

Other

• Comment:

• 500 characters left.

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**We are now going to ask you about your participation in physical activity. Physical activity or exercise includes activities such as walking briskly, jogging, bicycling, swimming, or any other activity in which the exertion is at least as intense as these activities (Adapted from Motivating People to be Physically Active, Marcus & Forsyth, 2003)**

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**7. How would you describe your activity level?**

**I currently engage in regular physical activity. (For activity to be regular, it must add up to a total of 30 minutes or more per day and be done at least 5 days per week. For example, you could take one 30-minute walk or take three 10-minute walks.)**

- Strongly Agree
- Agree
- Undecided
- Disagree
- Strongly Disagree

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**8. I am currently at the following 'stage of change' in regards to my physical activity participation.**

- Stage 1: Not thinking about change (Precontemplation)
- Stage 2: Thinking about change (Contemplation)
- Stage 3: Doing some physical activity (Preparation)
- Stage 4: Doing enough physical activity (Action)
- Stage 5: Making physical activity a habit (Maintenance)

• Comment:

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**9. Active Launceston has encouraged me to participate in community based physical activity events and programs.**

- Strongly Agree
- Agree
- Undecided
- Disagree
- Strongly Disagree

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10. **Due to my involvement with Active Launceston I have increased my level of physical activity.**

- Strongly Agree
- Agree
- Undecided
- Disagree
- Strongly Disagree

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11. I will continue to participate in physical activity at this increased level.

- Strongly Agree
- Agree
- Undecided
- Disagree
- Strongly Agree

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12. **I think the Active Launceston activity was well managed and facilitated.**

- Strongly Agree
- Agree
- Undecided
- Disagree
- Strongly Disagree

• Comment:

• 500 characters left.

**13. Being involved in the Active Launceston activity taught me more about the importance of physical activity to my health.**

- Strongly Agree
  - Agree
  - Undecided
  - Disagree
  - Strongly Disagree
- 

**14. Being involved in the Active Launceston activity taught me more about the opportunities available in our community to be physically active.**

- Strongly Agree
  - Agree
  - Undecided
  - Disagree
  - Strongly Disagree
- 

**15. Because of my involvement in Active Launceston I have supported the following people to become more active.**

- Family Members
- Friends
- Work Colleagues
- Patients/Clients

Other

• Comment:

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500 characters left.

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**16. What have you valued most from being involved with Active Launceston**

- Opportunity to be physically active
- Trying a new activity
- Improving my health
- Meeting new friends
- Socialising
- Finding out what physical activity opportunities are available in the community.
- Becoming involved in the community
- Learning a new skill
- Participating in a safe and supportive environment

Other

• Comment:

•  
500 characters left.

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**17. Do you have any suggestions for improving the Active Launceston project?**

350 characters left.

18. Do you have any other comments?

50 characters left.

Finish