

# WHY

are so many South Dakotans

**doing so little physical activity,**



and what, if anything, can Healthy SD do to **ENCOURAGE**  
**them to DO MORE?**



PREPARED FOR  
Healthy SD, South Dakota Department of Health  
by Hot Pink, Ink, Rapid City, in association with  
Severson & Associates Research

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## OVERVIEW AND RESEARCH OBJECTIVE

At 53.7%, South Dakotans have recently surpassed the National median (50.6%) when it comes meeting recommended physical activity guidelines for aerobic exercise, but there is more to be done. We still rank lower than many of our surrounding states, for example. In addition, other studies show that 71% of the “inactive” South Dakotans are either overweight or obese, putting them at significant health risk.

The purpose of this survey is to provide Healthy SD with information about these “inactive” South Dakotans and in so doing, discover why it is that they are inactive, what types of physical activity they would be most likely to do repeatedly, and what it would take to persuade/motivate them to do so.

## METHODOLOGY

Random-digit-dial calls were made to South Dakota landline and cell phone numbers during mid-November 2014. We did not quota for cell phones because this survey is an entirely different and new sample design than our typical poll using a registered voter list. We did not want to make up an arbitrary quota percentage for cell phones for various reasons. Too many cell phones would artificially inflate the younger respondents and too few cell phones might miss the increasing number of people who forgo their landlines all together. Ultimately, just under 13% of the respondents were interviewed on cell phones (even though, as per question #52, 82% of the respondents told us they have both a landline and a cell phone, and only 6% said they had cell phone only.)

The margin-of-error for this survey is 4.9%, which means that any one number for a question asked of all respondents could statistically be off by as much as 4.9 percentage points, either direction. Said another way, each number given for a question asked of the entire sample of respondents has a 9.8% window of accuracy. When looking at numbers concerning smaller subdivisions of the sample, only people who say they are “too busy” to fit in exercise for example, the margin-of-error will be larger than 4.9%.

The 400 respondents for this survey are all South Dakota residents age 18 or older, who self-selected by answering five screening questions at the beginning of the survey. If respondents indicated they had not participated in any physical activity in the last two weeks or only participate twice per week or less, they were given the entire survey.

Calls to South Dakotans who participate in physical activity more than two times per week and those who indicate they have a health issue(s) that prevents them from doing physical activity at all, were terminated after the screening questions.

This group of South Dakotans differs significantly from the population of South Dakota as a whole. By survey design, this group is more sedentary than the “average” South Dakotan. These people are older - 67% are age 55 or more. They are less educated - 58% have only “some college” or less, in terms of education. Almost three quarters of them (73%) live in a small town or a rural area. And 39% of respondents live in a household with an annual income of less than \$50,000.

### **A few final notes on the topline, appendixes and crosstabs:**

Particular attention has been given to the answers to questions #5 and #20 since they represent the answers given by respondents as to the reasons why these people tend to be less active than their non-surveyed fellow South Dakotans. Question #5 details the type of health issues 43% of the respondents said they have (see question #4) and question #20 details the reasons respondents gave as to why they don’t “engage in physical activity more often.” In each case, there were a multitude of different answers that, taken individually, don’t yield reliable statistical data to any degree of accuracy, but could be helpful when creating public messages that resonate with the target audience.

For statistical purposes, summaries of each of these questions have been added to the topline report into statistically relevant categories, leaving the “verbatim” as is in the appendix. And a special “summary version” of question #20 has also been added to the crosstabs. There is also a special set of crosstabs specifically designed to extract statistically reliable data related to question #20 with the reasons for not doing more physical activity categorized under “Busy,” “Health,” and “Other.” It is perhaps worth noting that another word for “other” might well be “lazy,” since, as per the verbatims, that’s what the respondents are essentially admitting, each in their own unique way.

## **KEY FINDINGS**

Walking is far and away the easiest and most desirable activity for South Dakotans. There is simply no gray area here. Rarely do we see a poll produce such a singular recommendation. The largest percentages of respondents, for both warm weather and cold weather months, indicate that walking is the activity they are most likely to participate in.

Two-thirds of our respondents are age 55 or older. There is no doubt that is a result of the screening questions, but it also suggests that walking is one activity that will not intimidate the older demographic the way other activities might.

## RECOMMENDATIONS

The best use of promotion and advertising money in both warm and cold weather months is to:

1. Get people walking
2. Help them find a walking partner and
3. Help them get to or find a safe place to walk.

Cold weather months will require an indoor facility nearby that is low or no cost to people, in order to avoid losing the fitness and momentum gained during warm weather months. While walking is the number one activity of choice in both warm weather and cold weather months, it drops from 37% in warm weather to 18% in cold weather.

Going to a gymnasium or health club rises from fifth place, at 5%, in warm weather to second place, at 17%, in cold weather. Statistically speaking, walking and going to a gymnasium or health club are tied at the top during South Dakota's winter months.

This leads to the need for access to indoor facilities, particularly in the winter months. Local school gymnasiums and hallways, or shopping malls are an easy, no-cost solution for South Dakotans as many residents are fairly close to schools or a shopping mall.

Health and fitness clubs are a great option for those who live close to a facility, but these have to be affordable for seniors. Many voiced their concerns about membership prices and expressed their desire for discounted rates for senior citizens. Clearly, many would use a health club membership, if it were affordable.

The number one thing (69%) people chose that would make them more likely to participate regularly in physical activity of one sort or another is to have a friend or family member who's willing to participate with them. Any campaign to encourage walking, must also recommend walking partners. Persons with partners will not only participate more regularly, but will be more likely to continue their program even when small obstacles present themselves.

The second, third and fourth most popular items on that list, just behind "someone to go with me," all have to do with walking and access. "Having safe roads, paths and sidewalks in good repair and cleared of mud and snow" comes in at number two (61%). Number three (53%) is "having a safe place to exercise, such as a park, sidewalk, trail, or bike path near your home or workplace." The fourth most popular item that would get people moving regularly, still comes in above the halfway point at 51%, is "having walkable destinations near your home or workplace."

**In summary**, the data suggests that there is one thing – and one thing only – that will best benefit inactive South Dakotans: get more of them to start walking. For the primary Physical Activity campaign push, the message is WALK. Walk more. Walk with friends. Walk instead of driving short distances. Encourage “walk-a-thons” in malls or schools (in winter), and in nice weather talk about parks, sidewalks, walking trails, forming walking clubs, etc. ...walk, walk, walk, walk.

The goal is to get an ever increasing number of people to form the daily habit of walking.

This emphasis on walking makes particular sense in light of the age of the sedentary population. They are older. They are far more likely to be talked into going for a walk once in a while than going to the gym. The same goes for the younger overweight and obese people.

Walking works no matter where you live, out in the country, in a small town, or in a city. No matter where you are, you can go for a walk. To the extent public policy or resources are applied, they should be toward making sure that each community has good walking opportunities/locations/clubs/groups available.

Walk. Walk. Walk. The energy and creativity needs to focus on how to create a million ways to stimulate that one activity!

The challenges for Healthy SD and the agency will be in getting the message out and determining the most effective creative and media mix approaches. The “good news” is that 80% of this group of respondents say they read a newspaper either online or in print at least once a week, with 50% of them saying they read it every day. In addition 42% of them have a Facebook account. The “bad news” is that when asked who would be the “most effective” in encouraging them to become more active, “News and Social Media” only ranked at 1%, on a par with their “Employer (also 1%)” and their “Co-workers (2%).” “Spouse or family members” ranked highest at 40% followed by “Friends” and “Doctor, Nurse, or Medical Professional” both at 21%. Reinforcing this, when asked who would be the “least effective” in encouraging them to become more active, 49% of them said “News and Social Media.”

It should be noted that it is common for survey respondents to deny that media influences their choices and behavior, but it is instructive to notice how strong that bias and sense of denial appears to be. The strategy must be to find ways to get family, friends and health professionals to do the encouraging, and not seem like the State is trying to do it directly, by “telling them what to do.” In formal terms, testimonials and social media campaigns that feel like they are coming from friends and family will likely be better received than traditional public service messages from the State Health Department.

## OTHER INTERESTING FINDINGS

The most effective person/persons (40%) for encouraging South Dakotans to become more physically active is their spouse or a family member. Friends are the next most effective (21%) for people needing encouragement to become active.

### Age and gender

The survey sample was 45% men and 55% women, which is fairly typical as women are more likely to answer the phone. However, there are some interesting differences when broken out by age category.

- the 18-54 year old age category is evenly split (48% men & 52% women)
- the 55-64 year old age category is mostly men (56% men & 44% women)
- the 65 and older age category is almost 2/3 women (35% men & 65% women)

### Who exercises most?

- men
- 18-54 year olds
- white people
- those in Minnehaha and Lincoln counties
- people without health issues
- people whose preferred activity is something other than walking
- people who are “too busy” to exercise
- those who have an encouraging friend
- college graduates
- those who are employed full time
- those who live in or near a town with more than 50,000 people
- annual household income is more than \$50K
- those who use social media sites

### Who exercises least?

- women
- 65 years old and older
- minorities (keep in mind there are only 40 persons in this column)
- those in East and West River, but not Minnehaha and Lincoln counties

- people with health issues
- preferred activity is walking
- persons who find it “very difficult” to fit in some physical activity
- people with an excuse other than “too busy”
- those whose most effective encourager is a medical professional
- people who have less education than a 4-yr college degree
- students/part-time employment/stay-at-home/unemployed
- those whose town population is less than 5000 people
- annual household income is less than \$50K
- those who do not use social media

### What are the main objections to getting your daily exercise?

- men are more likely than women to say they are too “busy” (men 39%, women 28%).
- women are more likely to give “health” reasons than are men (men 26%, women 35%).
- 18-54 year olds are most likely to say “busy” (58%) and those ages 65 and over are least likely to give that excuse (13%)
- 65 year olds and older persons most often give an excuse of “other” (45%) or “health” (41%) (See “other” examples immediately following this list.)
- 55-64 year olds most often give “health” reasons (38%)
- men 18-54 most “busy” (61%)
- women 55 and older most affected by “health” issues (43%)
- minorities (38%) more likely than whites (30%) to indicate a health problem
- Lincoln/Minnehaha Counties most likely to say they’re too “busy”
- those west of the river are most likely to give an excuse of “other”
- east river folks are just as likely to give the “too busy” excuse as the “health” excuse
- people who say they are “busy” are most likely to have fit in some physical activity within the last two weeks (46%) as compared with those who said “health” or some “other” excuse
- 37% of “busy” people, and 41% of both the “other” excuse group and the “health” condition group say a spouse or family member is their most effective encourager
- “busy” people most likely to have less than 2 hours of couch time per day
- “health” condition and “other” excuses people are most likely to spend more than two hours on the couch per day

- those who have a bachelor's degree are most likely to say they are "busy" (51%) and least likely to have a "health" complaint (17%)
- compare them to people who have a high school education or less, 40% of them have a health complaint and 19% say they are "busy"
- full-time workers are the most "busy" (56%) and have the fewest "health" complaints (17%)
- 17% of student/part-time/stay-at-home/unemployed persons and only 11% of retired people say they are "busy"
- student/part-time/stay-at-home/unemployed persons and the retired group are most likely to have "other" excuses or a "health" complaint (all low to mid 40% range)
- people who live in a city or close to one, report being most "busy" (39%) and those in a small town are least "busy" (28%)
- small town folks are most likely to have "health" concerns (41%)
- rural people are least likely to report "health" issues (21%) and are most likely to give some "other" excuse (43%)
- higher income people (>50k) most likely to say they are too "busy" (44%) and lower income people (<50k) most likely to have a "health" concern (39%)
- "busy" people use social media (39%) and have fewer "health" problems (26%)
- those who don't use social media are less "busy" (28%) and have more "health" issues (36%)

### Examples of excuses listed under the "other" category

- because I'm lazy
- no pavement for strollers
- attitude
- take care of elderly relatives
- don't go outside in the wintertime
- I want to relax in the winter & in the summer too tired after work
- get plenty at work
- I think I do enough activity that I don't really need it
- not in the habit
- procrastination
- time management
- I choose to do things that are sedentary
- I don't feel like it

- I get bored exercising
- nothing much
- there isn't anything available around here
- I live 26 miles from town
- we live in the country where the roads are not good and there are no sidewalks for a wheelchair
- too long a drive to town
- transportation
- I would like to have someone to do it with. It's hard being motivated without a partner
- lack of motivation
- ice, mud, snow
- it's too far for traveling
- it's expensive
- and memberships are too expensive - you can't afford it
- just don't take the time
- lack of childcare
- lack of energy
- weather
- I work nights

**SOUTH DAKOTA PHYSICAL ACTIVITY STUDY**  
**NOVEMBER 18-26, 2014**  
**N=400**  
**MARGIN OF ERROR = 4.9%**  
**PREPARED BY RBI STRATEGIES & RESEARCH**

## **INTRODUCTION, SCREENER AND PA RELATED QUESTIONS**

Good morning/afternoon/evening. My name is \_\_\_\_\_ from \_\_\_\_\_ a public opinion research company.

We are not selling anything and your answers are strictly confidential. We are calling people at random to conduct a short survey. It will only take about \_\_ minutes or so depending on your answers.

If you're willing to participate in this survey, could I please start with your first name?  
**(RECORD FIRST NAME)**

**FIRST NAME**, I want to reiterate that your responses are strictly confidential and will be used for research purposes only. Please feel free to take your time, answer honestly, and tell me if you feel uncomfortable with or unable to answer any of the questions.

The information collected in this survey will be used to analyze the health and fitness of South Dakotans.

1. During the past two weeks did you participate in any physical activity such as running, taking a walk, playing a sport, or going to a gym? **(If answer is no, skip to #4)**

Yes 24%  
No 76%  
DK/NA/Refused

2. What type of physical activity did you spend the most time doing during the past month?  
**(Answers are a breakout of #1 "Yes" Respondents. 97 count. See Appendix.)**

3. About how many times per week would you say you participate in physical activity?  
**( #1 "Yes" Respondents only.)**

5 or more times per week  
4 times per week  
3 times per week  
2 times per week or less 96%  
Don't Know/Unsure 4%  
Refused

4. Do you have any health issues that prevent you from participating in different kinds of physical activities?

Yes 43%  
No 57%  
DK/ Unsure  
Refused

5. I know it may be a sensitive topic, but would you please tell me what sort of health issues you have that prevent you from being physically active?

**(Answers are a breakout of #4 “Yes” respondents. 172 count)**

(See Appendix)

6. What sort of physical activity or sports do you think you would be most likely to participate in during warm weather months? If nothing in particular comes to mind, just say so.

**(OPEN ENDED, PRECODE)**

(See Appendix)

7. What sort of physical activity or sports do you think you would be most likely to participate in during cold weather months? If nothing in particular comes to mind, just say so.

**(OPEN ENDED, PRECODE)**

(See Appendix)

8. How hard is it for you to incorporate physical activity into your workday? Would you say it's very difficult, somewhat difficult, or easy to incorporate physical activity into your workday?

Very Difficult            21%  
 Somewhat Difficult    37%  
 Easy                        37%  
 DK/NA/Refused        5%

I'm going to read you a list of things that can help people improve their health and stay active. For each one, please tell me if it would make you much more likely, or somewhat more likely, to participate regularly in physical activity. If it would make no difference please just tell me. **[RANDOM ROTATE]**

	Much more likely	Somewhat more likely	No difference	DK/Refused
9. Having someone, like a friend or family member, who will spend time doing physical activity with you.	34%	35	30	1
10. Having a safe place to exercise, such as a park, sidewalk, trail, or bike path near your home or workplace.	25	28	45	2
11. Having time and/or space set aside by your employer, say 15-20 minutes each workday, in which you could do some form of physical activity.	22	17	49	12
12. Having safe, roads, paths and sidewalks in good repair and cleared of mud and snow.	29	32	38	2
13. Having roads, paths, sidewalks and public buildings that are more ADA accessible.	16	24	58	3
14. Being able to use “active transportation” like riding your bike or walking to do your shopping or get to work.	12	24	61	4

	Much more likely	Somewhat more likely	No difference	DK/Refused
15. Having childcare available so you could have time for physical activity or attend an exercise class.	7%	10	74	9
16. Having your doctor write a prescription for physical activity.	13	21	63	4
17. Having walkable destinations in your community.	23	28	46	3
18. Having a school gym or community center that is open and available to the public.	23	26	49	2
19. Having an affordable local gym that offers a variety of class times throughout the day, including early mornings or evenings.	19	26	52	3

20. What is the main reason you do NOT engage in regular physical activity more often?  
(OPEN ENDED, PRECODES)

Not enough time/too busy	27%
Disability/injury	7%
Back pain	2%
Joint pain	2%
Arthritis	3%
Do not know how to exercise safely and effectively	0%
Family history of heart condition	0%
Family history of strokes	0%
Smoking keeps me from exercising	0%
Diabetes	1%
My neighborhood is not safe	.3%
Poor mood	.3%
Lack of energy	3%
Obesity	0%
I don't like it	1%
It's not important to me / I don't value it	2%
Weather	4%
Fear of Injury	1%
Self-Doubt (Self-esteem issues)	1%
Other (RECORD)	46% (See Appendix)
DK/NA/Refused	2%

21. Who of the following would be the most effective in encouraging you to become more physically active? (READ AND ROTATE LIST)

A spouse or family member	40%
Friends	21%
Employer	1%
Coworkers	2%
A doctor, nurse, or medical professional	21%
The news or social media	1%
Other (DO NOT READ)	2%
DK/NA/Refused	14%

22. Who of the following would be the least effective in encouraging you to become more physically active? (READ AND ROTATE LIST)

A spouse or family member	7%
Friends	5%
Employer	9%
Coworkers	7%
A doctor, nurse, or medical professional	9%
The news or social media	49%
Other (DO NOT READ)	1%
DK/NA/Refused	16%

23. Did you know that the recommended minimum amount of physical activity is 30 minutes per day, 5 days a week or two and half hours a week total?

Yes	73%
No	26%
DK/NA/Refused	2%

24. 30 minutes of physical activity, 5 days a week, or the equivalent amount of time, is the recommended amount of weekly activity for adults. Does that seem like the right amount, does it seem like too much time, or does it seem too little time?

Seems like too much	11%
Seems like the right amount	67%
Seems like too little	17%
DK/NA/Refused	5%

I'll read you a short list of facilities your town or city could offer to help people become more physically active. For each one, I'd like you to tell me whether or not it would make you much more likely to exercise, somewhat more likely to exercise, or whether it would make no difference.

	Much more likely	Somewhat more likely	No difference	DK/Refused
25. Bike paths	16%	22	62	0
26. Hiking trails	14	27	59	1
27. Sidewalks	20	30	50	2
28. City parks	14	25	60	2
29. Community fitness center or gym	19	30	51	1
30. Indoor swimming pool	20	26	54	1
31. Outdoor swimming pool	6	17	76	1
32. Volleyball, tennis, or basketball courts	7	19	74	1
33. Golf courses	7	13	80	1
34. Organized community events	10	31	58	1
35. A bike sharing program	6	10	83	2

36. Is there anything else that would make you, personally, more likely to become physically active?

**[RECORD VERBATIMS]**

(See Appendix)

Now I'm going to read you a list of reasons given for becoming physically active. Please rate each one on a scale of 1 to 5 whether you find the statement to be convincing, where 1 = not at all convincing and 5 = very convincing.

RANDOM ROTATE ALL	1	2	3	4	5	DK/NA/ Refused
37. Small amounts of physical activity can help reduce arthritis and joint pain.	9%	4	21	25	39	3
38. Small amounts of physical activity can help you achieve significant fitness gains, even when no weight loss occurs.	8	8	26	23	34	3
39. A moderate amount of physical activity on a regular basis greatly improves energy levels and ability to perform everyday tasks.	5	2	15	25	51	2
40. Regular engagement in physical activity can reduce your risk for heart disease, some cancers and type II diabetes.	5	3	12	21	57	2
41. Being physically active for as little as 10 minutes at a time at moderate intensity results in health benefits.	6	5	15	28	46	1
42. Sitting all day is harmful to your health.	10	4	10	14	62	2
43. Daily life activities like active chores, yard work, and walking the dog are examples of physical activity.	6	4	14	20	54	2
44. Walking 10 minutes in the morning, 10 minutes at lunch and 10 minutes in the evening all count towards meeting the physical activity guidelines of 150 minutes per week.	8	5	19	19	47	3
45. Physical activity can reduce stress and anxiety and improve self-esteem	7	3	13	23	53	1
46. Active parents tend to have children who are physically active.	10	2	15	18	52	4
47. People of all types, shapes, sizes and abilities can benefit from being physically active.	5	3	11	15	66	1
48. Lifting weights (even household items like filled water bottles), using resistance bands, performing push-ups & sit-ups, and practicing yoga all count as muscle-strengthening activity.	11	7	16	21	43	3
49. The recommendation for muscle strengthening exercises is two days per week.	11	10	33	20	23	4

## MEDIA USAGE

50. About how many hours per day do you spend watching TV, videos, or playing games on your television or another electronic device such as a laptop or tablet?

(OPEN ENDED, CATEGORIZE RESPONSES BELOW)

Less than 1	13%
1 to 2	35%
3 to 4	32%
5 to 6	9%
More than 6	9%
None	1%
DK/NA/Refused	1%

51. How often do you read a local newspaper, either in print or online?

Every day	50%
A few days per week	13%
About once per week	17%
A few times per month	4%
Only when necessary	6%
Never	11%
DK/NA/Refused	0%

52. Do you have a landline telephone, a cell phone, or both?

Landline	12%
Cell phone	6%
Both	82%
DK/NA/Refused	4%

53. Which of the following social media platforms do you use on a regular basis? If you do not use social media please just tell me. **[READ AND ROTATE, LIST, ACCEPT MULTIPLE RESPONSES]**

Facebook	42%
Twitter	5%
Google Plus	10%
Reddit	1%
Tumblr	1%
Pinterest	14%
LinkedIn	6%
Instagram	3%
MeetUp	0%
Vine	1%
Do not use social media	52%
DK/NA/Refused	1%

54. Have you ever visited the website "healthySD.gov"?

Yes	9%
No	90%
DK/NA/Refused	2%

55. [ASK ONLY IF Q54 = YES] What did you think of healthySD.gov?

[RECORD VERBATIM]  
(See Appendix)

## DEMOGRAPHICS

That completes a major portion of our survey. I have just few questions left that are used for statistical purposes only.

56. Which of the following age groups do you belong to? You can stop me when I've read your group.

18-34	6%
35-44	10%
45-54	17%
55-64	26%
65-74	22%
75 or older	19%
DK/NA/Refused	1%

57. What is the highest level of education you have completed? You can stop me when I've read your group. **(READ LIST, STOP IF RESPONDENT ANSWERS)**

Less than high school	7%
High school grad	31%
Some college	20%
Two-year college grad	9%
Four-year college grad	19%
Advanced degree	10%
Technical/junior college	4%
DK/NA/Refused	1%

58. Which of the following describes your employment situation: **(READ LIST)**

Full-time	47%
Part-time	9%
Stay-at-home caregiver	5%
Retired	35%
Student	.3%
Unemployed	3%
DK/NA/Refused	1%

59. How would you describe the place you live? Is your residence in a small town, a city or suburb, close to a town, or in a rural area?

Small Town	44%
City or suburb	22%
Close to a town	5%
Rural Area	29%
DK/NA/Refused	1%

60. [ASK ONLY IF Q59 = 1, 2, or 3]

What is the approximate population of your city or town? ANYTHING BUT RURAL

Less than 5,000	44%
5,001 to 10,000K	7%
10,001 to 20,000	12%
20,001 to 50,000	10%
50,001 to 100,000	10%
100,001 or more	12%
DK/NA/Refused	6%

61. What was your household income in 2013 before taxes? I understand this is an uncomfortable topic, would you be comfortable telling me which of these income categories your household income fell into? **(READ LIST AND STOP WHEN YOU REACH INCOME AMOUNT)**

Under \$25,000	19%
\$25,000-\$49,999	20%
\$50,000-\$74,999	19%
\$75,000-\$99,999	9%
\$100,000-\$149,999	8%
\$150,000 or more	2%
DK/NA/REFUSED	24%

62. Which of the following best describes your ethnicity? You can stop me when I've read your group.

White or Caucasian	88%
Black or African American	.3%
Hispanic or Latino	1.%
Native American	8%
Asian or Pacific Islander	.3%
Other	1%
DK/NA/Refused	2%

That concludes our survey for today. Thank you very much for your time.

## **AFTER INTERVIEW:**

### RECORD GENDER BY OBSERVATION

Male	45%
Female	55%

### Code Region:

Lincoln County, Minnehaha County	7%
East River	52%
West River	31%

## APPENDIX:

Open Ended Answers and Precodes

Q2 PRECODES	Frequency	Percent
BASKETBALL	1	.3
BICYCLING	3	.8
BOWLING	2	.5
ELLIPTICAL/EFX MACHINE EXERCISE	3	.8
GOLF (WITH MOTORIZED CART)	1	.3
HIKING - CROSS-COUNTRY	4	1.0
HUNTING LARGE GAME - DEER, ELK	1	.3
HUNTING SMALL GAME - QUAIL	1	.3
RUNNING	4	1.0
SOFTBALL/BASEBALL	1	.3
STAIR CLIMBING/STAIR MASTER	1	.3
SWIMMING	1	.3
VOLLEYBALL	3	.8
WALKING	50	12.5
WEIGHT LIFTING	3	.8
FARM/RANCH WORK	1	.3
YARD WORK (CUTTING/GATHERING WOOD, TRIMMING HEDGES, ETC.)	2	.5
OTHER (SPECIFY)	14	3.5
DON'T KNOW/REFUSED	1	.3
<b>TOTAL</b>	<b>97</b>	<b>24.3</b>

Q2 (OTHER)	Frequency	Percent
	<b>386</b>	<b>96.5</b>
GENERAL CONTRACTOR	1	.3
GOING TO A GYM	1	.3
HUNTING	1	.3
I WORK WITH KIDS SO I CHASE KIDS AROUND	1	.3
MANUAL LABOR	1	.3
PHYSICAL THERAPY	1	.3
REHAB THERAPY FOR NEW KNEE	1	.3
RENOVATING A RENTAL	1	.3
TREADMILL	1	.3
WATCHING TELEVISION	1	.3
WORK LINEMAN	1	.3
WORK RELATED FARMING	1	.3
WORKING	1	.3
WORKING WITH A TRAINER	1	.3
<b>TOTAL</b>	<b>400</b>	<b>100.0</b>

**Q5 PRECODES**

	Frequency	Percent
BACK PAIN	16	4.0
HEART CONDITION	17	4.3
MUSCULAR DISEASE OR CONDITION	3	.8
STROKE	5	1.3
CANCER	3	.8
DISEASE (GENERAL)	1	.3
INJURY	4	1.0
BLINDNESS	1	.3
OBESITY	1	.3
ARTHRITIS	17	4.3
JOINT PAIN	9	2.3
DISABILITY (GENERAL)	8	2.0
DIABETES	5	1.3
OTHER (SPECIFY)	77	19.3
DON'T KNOW/REFUSED	5	1.3

**Q5 (OTHER)**

	Frequency	Percent	Valid%	Cumulative%
	<b>323</b>	<b>80.8</b>	<b>80.8</b>	<b>80.8</b>
2 KNEES REPLACED AT ONE TIME	1	.3	.3	81.0
2 LIVER TRANSPLANT-WAITING FOR KIDNEY TRANSPLANT, AND ALREADY HAD A PREVIOUS ONE	1	.3	.3	81.3
AGE AND BAD LEGS	1	.3	.3	81.5
AGE, HIGH BP	1	.3	.3	81.8
AGING	1	.3	.3	82.0
ANXIETY	1	.3	.3	82.3
ARTIFICIAL HIPS	1	.3	.3	82.5
ARTIFICIAL KNEES	2	.5	.5	83.0
ASTHMA	1	.3	.3	83.3
ASTHMA	1	.3	.3	83.5
ASTHMA	1	.3	.3	83.8
ASTHMA	3	.8	.8	84.5
ASTHMA, ALLERGIES AND BEING OVERWEIGHT	1	.3	.3	84.8
ASTHMA AND BAD KNEE	1	.3	.3	85.0
BACK SURGERY	1	.3	.3	85.3
BAD KNEE	1	.3	.3	85.5
BAD KNEES	2	.5	.5	86.0
BLOOD PRESSURE	1	.3	.3	86.3
BLOOD PRESSURE, AGE,	1	.3	.3	86.5
BROKEN SHOULDER	1	.3	.3	86.8
BURSITIS IN MY LEFT HIP	1	.3	.3	87.0
COPD AND BACK PAINS	1	.3	.3	87.3
CARPAL TUNNEL	1	.3	.3	87.5

**Q5 (OTHER)** *continued*

	Frequency	Percent	Valid%	Cumulative%
CONGESTIVE HEART FAILURE	1	.3	.3	87.8
COPD	2	.5	.5	88.3
COPD AND LYMPHOMA	1	.3	.3	88.5
COPD (BREATHING PROBLEMS)	1	.3	.3	88.8
DIABETES	1	.3	.3	89.0
ELDERLY 89 YEARS OLD	1	.3	.3	89.3
EMPHYSEMA	1	.3	.3	89.5
FIBROMYALGIA AND BACK PROBLEMS	1	.3	.3	89.8
FOOT TENDONS	1	.3	.3	90.0
GOUT IN FEET, PROBLEMS WITH VEINS IN LEGS	1	.3	.3	90.3
HEART ISSUE , LOWER BACK ISSUES AND NERVE DAMAGE	1	.3	.3	90.5
HERNIA, DOCTOR MESSED UP THE SURGERY	1	.3	.3	90.8
HIGH BLOOD AND JOINT REPLACEMENT	1	.3	.3	91.0
HIGH BLOOD PRESSURE	2	.5	.5	91.5
HIP REPLACEMENT	1	.3	.3	91.8
HIP REPLACEMENTS, NEED A HERNIA OPERATION, THEY CANT GIVE ME BECAUSE THEY MIGHT TEAR MY INTESTINES AND MAYBE KILL ME	1	.3	.3	92.0
I BROKE MY ANKLE	1	.3	.3	92.3
I DON'T BREATHE WELL - I CAN WALK BUT I CANT RUN	1	.3	.3	92.5
JUST HAD TOE AMPUTATED	1	.3	.3	92.8
KIDNEY TRANSPLANT	1	.3	.3	93.0
KNEE AND HIP BONE	1	.3	.3	93.3
KNEE REPLACEMENT	1	.3	.3	93.5
KNEE THAT BOTHERS ME SOMETIMES	1	.3	.3	93.8
KNEES AND HIP REPLACEMENT	1	.3	.3	94.0
LEGS ARE "BAD"	1	.3	.3	94.3
LOWER BACK AND HIP PAIN	1	.3	.3	94.5
LUNG DISEASE	1	.3	.3	94.8
LUNGS	2	.5	.5	95.3
LUPUS	2	.5	.5	95.8
MULTIPLE SCLEROSIS	1	.3	.3	96.0
MY LEGS FEEL LIKE THEY'RE MADE OF JELLO, ARTHRITIS IN THE HANDS.	1	.3	.3	96.3
NERVE DAMAGE	1	.3	.3	96.5
NONE	1	.3	.3	96.8
OLD AGE	2	.5	.5	97.3
OLD AGE	1	.3	.3	97.5
ON OXYGEN	1	.3	.3	97.8
OSTEOPOROSIS(BONE DISEASE) & COPD (BREATHING DISEASE)	1	.3	.3	98.0
OSTEOPOROSIS	1	.3	.3	98.3
OVARIAN CYST	1	.3	.3	98.5

<b>Q5 (OTHER) <i>continued</i></b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid%</b>	<b>Cumulative%</b>
PREGNANT	1	.3	.3	98.8
ROTATOR CUFF	1	.3	.3	99.0
SHORTNESS OF BREATH BAD LUNGS	1	.3	.3	99.3
SORE FOOT	1	.3	.3	99.5
SPINE PROBLEMS	1	.3	.3	99.8
TORN ACL	1	.3	.3	100.0
<b>TOTAL</b>	<b>400</b>	<b>100.0</b>	<b>100.0</b>	

<b>Q6 PRECODES</b>	<b>Frequency</b>	<b>Percent</b>
BASKETBALL	9	2.3
BICYCLING MACHINE EXERCISE	1	.3
BICYCLING	26	6.5
BOATING (CANOEING, ROWING, KAYAKING, SAILING FOR PLEASURE OR CAMPING)	2	.5
DANCING-BALLET, BALLROOM, LATIN, HIP HOP, ETC	2	.5
ELLIPTICAL/EFX MACHINE EXERCISE	1	.3
FISHING FROM RIVER BANK OR BOAT	9	2.3
FRISBEE	1	.3
GARDENING (SPADING, WEEDING, DIGGING, FILLING)	12	3.0
GOLF (WITH MOTORIZED CART)	15	3.8
GOLF (WITHOUT MOTORIZED CART)	8	2.0
HIKING - CROSS-COUNTRY	11	2.8
HORSEBACK RIDING	3	.8
HUNTING LARGE GAME - DEER, ELK	2	.5
HUNTING SMALL GAME - QUAIL	1	.3
JOGGING	4	1.0
MOUNTAIN CLIMBING	1	.3
MOWING LAWN	1	.3
RUNNING	6	1.5
SOCCER	1	.3
SOFTBALL/BASEBALL	9	2.3
SWIMMING	20	5.0
SWIMMING IN LAPS	1	.3
TABLE TENNIS	1	.3
TENNIS	1	.3
VOLLEYBALL	3	.8
WALKING	147	36.8
WATERSKIING	1	.3
YOGA	1	.3
FARM/RANCH WORK	1	.3
HOUSEHOLD ACTIVITIES (VACUUMING, DUSTING, HOME REPAIR, ETC.)	4	1.0

**Q6 PRECODES** *continued*

	Frequency	Percent
UPPER BODY CYCLE (WHEELCHAIR SPORTS, ERGOMETER, ETC.)	1	.3
YARD WORK (CUTTING/GATHERING WOOD, TRIMMING HEDGES, ETC.)	10	2.5
OTHER (SPECIFY)	30	7.5
DON'T KNOW/REFUSED	54	13.5
<b>TOTAL</b>	<b>400</b>	<b>100.0</b>

**Q6 (OTHER)**

	Frequency	Percent
	<b>370</b>	<b>92.5</b>
BASEBALL	1	.3
BASEBALL , KICKBALL	1	.3
CAMPING FISHING	1	.3
CATCH AND FOOTBALL	1	.3
CONCRETE TRUCKS	1	.3
CONSTRUCTION WORK	1	.3
FOOTBALL	1	.3
GOING OUTSIDE	1	.3
HOUSE WORK COOK	1	.3
I HAVE A LOT OF HAY BALES TO STACK FOR COWS	1	.3
KAYAKING	1	.3
MOUNTAIN CLIMBING	1	.3
NONE	5	1.3
NOTHING	1	.3
NOTHING IN PARTICULAR	1	.3
NOTHING IN PARTICULAR	1	.3
POOL	1	.3
ROLLING AROUND IN MY MANUAL WHEEL CHAIR	1	.3
SKI TRACK	1	.3
SOFTBALL	1	.3
SWIMMING, WALKING AND THE MUSCLE BUILDING MACHINE	1	.3
ULTIMATE FRISBEE	1	.3
WALKING & GARDENING	1	.3
WALKING IN A POOL	1	.3
WARM WATER THERAPY	1	.3
WORK	1	.3
<b>TOTAL</b>	<b>400</b>	<b>100.0</b>

<b>Q7 PRECODES</b>	<b>Frequency</b>	<b>Percent</b>
AEROBICS VIDEO OR CLASS	2	.5
BADMINTON	1	.3
BASKETBALL	10	2.5
BICYCLING MACHINE EXERCISE	8	2.0
BICYCLING	2	.5
BOWLING	8	2.0
CALISTHENICS	3	.8
DANCING-BALLET, BALLROOM, LATIN, HIP HOP, ETC	2	.5
ELLIPTICAL/EFX MACHINE EXERCISE	6	1.5
FISHING FROM RIVER BANK OR BOAT	1	.3
HIKING - CROSS-COUNTRY	2	.5
HOCKEY	1	.3
HUNTING LARGE GAME - DEER, ELK	5	1.3
HUNTING SMALL GAME - QUAIL	3	.8
JOGGING	1	.3
RUNNING	1	.3
SLEDDING, TOBOGGANING	1	.3
SNOW BLOWING	1	.3
SNOW SHOVELING BY HAND	13	3.3
SNOW SKIING	3	.8
SOFTBALL/BASEBALL	1	.3
STAIR CLIMBING/STAIR MASTER	1	.3
SWIMMING	3	.8
SWIMMING IN LAPS	2	.5
TABLE TENNIS	1	.3
VOLLEYBALL	2	.5
WALKING	60	15.0
WEIGHT LIFTING	7	1.8
WRESTLING	2	.5
YOGA	4	1.0
FARM/RANCH WORK	3	.8
HOUSEHOLD ACTIVITIES (VACUUMING, DUSTING, HOME REPAIR, ETC.)	13	3.3
YARD WORK (CUTTING/GATHERING WOOD, TRIMMING HEDGES, ETC.)	2	.5
OTHER (SPECIFY)	76	19.0
DON'T KNOW/REFUSED	149	37.3
<b>TOTAL</b>	<b>400</b>	<b>100.0</b>

<b>Q7 (OTHER)</b>	<b>Frequency</b>	<b>Percent</b>
	<b>324</b>	<b>81.0</b>
A VARIETY OF ACTIVITIES IN THE GYM	1	.3
CHOPPING ICE FOR COWS AND FEEDING HAY	1	.3
CROSS COUNTRY SKIING	2	.5
EXERCISE BALL	1	.3
EXERCISE MACHINE	1	.3
EXERCISE TO TV	1	.3
GOING OUTSIDE	1	.3
GOING OVER TO USE THE EQUIPMENT AT THE HOSPITAL	1	.3

**Q7 (OTHER)** *continued*

	Frequency	Percent
HUNTING	2	.5
I STAY INSIDE	1	.3
ICE FISHING	4	1.0
ICE FISHING ON A LAKE	1	.3
INDOOR VOLLEYBALL	1	.3
INDOOR WALKING IN POOL	1	.3
JOB RELATED EXERCISE	1	.3
MACHINE NUSTEP	1	.3
MACHINE-NUSTEP IN WELLNESS CENTER-ARM AND LEG EXERCISES	1	.3
NONE	5	1.3
NOT MUCH	2	.5
NOTHING	4	1.0
NOTHING IN PARTICULAR	1	.3
PLAY CARDS	1	.3
POOL, POWER WALK IN GYM, STATIONARY BIKE	1	.3
SHOVELING SNOW	1	.3
SHOVELING THE FRONT STEPS	1	.3
SILVER SNEAKERS EXERCISE CLUB	1	.3
SKI OR EXERCISE MACHINE	1	.3
SKIING	1	.3
SKIING	2	.5
SKIING	1	.3
SLEDDING	1	.3
SLEDDING ICE SKATING	1	.3
SNOW MOBILING	1	.3
SNOW MOBILING	2	.5
SNOWMOBILING	2	.5
SNOW MOBILING	1	.3
STATIONARY BICYCLE	1	.3
STATIONARY BIKE	1	.3
STAYING AT HOME	1	.3
TREAD MILL AT A GYM FOR WALKING	1	.3
TREAD MILL	1	.3
TREADMILL	2	.5
TREADMILLS	1	.3
TREADMILL	1	.3
WALKING A TREADMILL	1	.3
WALKING AT MALL	1	.3
WALKING ON A TREADMILL	1	.3
WALL /DARTS-WITH TARGET	1	.3
WARM WATER THERAPY	1	.3
WHEELING AROUND THE WHEEL CHAIR IN THE SNOW	1	.3

**Q7 (OTHER)** *continued*

	Frequency	Percent
WHIRL POOL, AND HOT TUB, AND BEND KNEE TO GET MORE FLEXIBLE	1	.3
WII GAME	1	.3
WOOD SPLITTING	1	.3
WORKING	1	.3
ZUMBA	1	.3
<b>TOTAL</b>	<b>400</b>	<b>100.0</b>

**Q20 (OTHER)**

	Frequency	Percent
	<b>217</b>	<b>54.3</b>
AGE	8	2.0
AGE (79)	1	.3
AGE (84)	1	.3
AGE 81	1	.3
AGE NOT AS MOBILE AS WE USED TO BE	1	.3
AND TWO JOBS	1	.3
ANXIETY	1	.3
ARTHRITIS, TORN ACL, SURGERY RECOVERY	1	.3
ARTIFICIAL HIPS	1	.3
ASTHMA	1	.3
ASTHMA	1	.3
ATTITUDE	1	.3
BACK PROBLEM WALKS WITH A CANE	1	.3
BAD KNEE AND ASTHMA	1	.3
BAD KNEES	1	.3
BECAUSE I HAVE 4 CHILDREN 2 ARE IN SPORTS AND I TAKE THEM TO THEIR ACTIVITIES	1	.3
BECAUSE I'M LAZY	1	.3
BECAUSE I'M TIRED	1	.3
BECAUSE OF HEALTH ISSUES	1	.3
BECAUSE OF MY AGE	1	.3
BEING LAZY	1	.3
BESIDES THE PREGNANCY I LIVE IN AN AREA WHERE THERES NO PAVEMENT TO TAKE STROLLERS ON TO WALK OR RUN	1	.3
BREATHING AND AGE	1	.3
BROKEN ANKLE AND I'M REALLY BUSY WITH OTHER THINGS	1	.3
BURSITIS	1	.3
BUSY DOING FARM WORK	1	.3
CAN'T WALK	1	.3
CHEMOTHERAPY FOR A TUMOR	1	.3
CLEANING	1	.3
CONSTANTLY WORKING DO OUR FARM CHORES, GO TO WORK AND GET HOME LATE AT 8 PM	1	.3

**Q20 (OTHER)** *continued*

	<b>Frequency</b>	<b>Percent</b>
COPD	1	.3
COPD	1	.3
DIFFICULT TO WALK	1	.3
DISABILITY AND ELDERLY	1	.3
DISABLED HUSBAND AND MOTHER.	1	.3
DO A LOT OF WALKING AT WORK	1	.3
DO NOT SEE WELL-GLAUCOMA	1	.3
DO PHYSICAL ACTIVITY AT WORK( I AM A HEAVY EQUIPMENT MECHANIC)	1	.3
DOES SEWING, COOKING AND OTHER THINGS BESIDE EXERCISE	1	.3
DON'T NEED MORE EXERCISE BESIDES THE HEAVY CONSTRUCTION WORK	1	.3
DON'T GO OUTSIDE IN THE WINTER TIME	1	.3
DON'T HAVE TIME. PHYSICALLY ACTIVE AT WORK.	1	.3
DUE TO THE PAIN IN MY HIPS	1	.3
ENGAGE IN IT AT WORK, WHEN I RETIRE I WILL SET ASIDE TIME.	1	.3
GET PLENTY AT WORK	1	.3
GETTING OLD	2	.5
GETTING OLDER	1	.3
HAVEN'T GOTTEN IN THE HABBIT OF IT.	1	.3
HEALTH	1	.3
HEART AND NERVE ISSUES	1	.3
HEART CONDITION	1	.3
HIP SURGERY	1	.3
HIP TRANSPLANT	1	.3
I AM ON OXYGEN	1	.3
I CHOOSE TO DO THINGS THAT ARE SEDENTARY	1	.3
I DO A LOT WHEN I'M WORKING WITH MY HUSBAND AS WE ARE DOING TRAILER HOUSE MAINTENANCE. WE ARE IN AND OUT AND REPLACE WINDOWS, REPLACE CARPET, SCRUBBING WALLS, FLOORS AND KITCHEN CUPBOARDS ETC	1	.3
I DO ENGAGE IN PHYSICAL ACTIVITY WHEN I DON'T HAVE PNEUMONIA	1	.3
I DO PHYSICAL LABOR AT WORK	1	.3
I DON'T FEEL LIKE IT	1	.3
I DON'T WANT TO	1	.3
I GET BORED	2	.5
I HAD A STROKE, AND I CANT USE MY RIGHT SIDE	1	.3
I JUST DON'T HAVE THE STRENGTH TO WALK VERY FAR	1	.3
I LIVE 26 MILES FROM TOWN	1	.3
I LIVE OUT IN THE COUNTRY	1	.3
I THINK I DO ENOUGH ACTIVITY THAT I DON'T REALLY NEED IT	1	.3
I THINK MY ACTIVITY IS SUFFICIENT	1	.3
I WANT TO RELAX IN THE WINTER & IN THE SUMMER I AM TOO TIRED AFTER WORK	1	.3
I WORK A LOT 10-12 HOURS A DAY	1	.3
I WORK ALL DAY LONG	1	.3

**Q20 (OTHER)** *continued*

	Frequency	Percent
I WORK A LOT AND I'M TIRED	1	.3
I WORK HARD DURING THE DAY AND I'M TOO TIRED	1	.3
I WOULD DO NOTHING	1	.3
I WOULD LIKE TO HAVE SOMEONE TO DO IT WITH. IT'S HARD BEING MOTIVATED WITHOUT A PARTNER	1	.3
I'M OLD	1	.3
I'M TOO OLD	1	.3
ICE, MUD, SNOW	1	.3
I'M ELDERLY	1	.3
I'M HOME A LOT SO I JUST DO MY OWN WALKING	1	.3
I'M LAZY	1	.3
I'M OLD	1	.3
I'M TOO LAZY	1	.3
I'M VERY ACTIVE IN MY EVERYDAY LIVING I LIVE ON A FARM	1	.3
IT INTERFERES WITH WATCHING SOAP OPERAS. I GO TO WORK AT 2 P.M. IN AFTERNOON AND GET OFF AT 11 AT NIGHT TO SLEEP AT 2 A.M. WAKE UP AT 10-11 AM IN THE MORNING	1	.3
IT'S MY JOB FARMING/RANCHING RUNNING CATTLE, RIDING HORSES, MOTORCYCLE	1	.3
IT'S TOO FAR FOR TRAVELING	1	.3
IT'S EXPENSIVE	1	.3
IT'S JUST NOT A HABIT	1	.3
JOB IS PHYSICALLY DEMANDING, CONTRACTING, DRAINED BY WORK.	1	.3
JUST DON'T TAKE THE TIME	1	.3
JUST DON'T WANT TOO. JUST DON'T HAVE A WILL	1	.3
JUST IN THE LAST TWO WEEKS I HAVEN'T BEEN ABLE TO BECAUSE OF FAMILY, NOTHING TO DO WITH BEING PHYSICAL ABLE. OTHERWISE I WORK OUT 6 DAYS A WEEK.	1	.3
JUST LAZY	1	.3
KNEE PROBLEM	1	.3
LACK OF CHILDCARE	1	.3
LACK OF ENERGY	1	.3
LACK OF MOTIVATION	1	.3
LACK OF TIME	1	.3
LAZINESS	2	.5
LAZY	11	2.8
LEG CONDITIONS	1	.3
LEG PAIN	1	.3
LOCATION	2	.5
LOCATION I LIVE IN	1	.3
LOCATION OF WHERE I LIVE	1	.3
LOCATION OUT IN THE COUNTRY	1	.3
LOWER BACK PAIN	1	.3

**Q20 (OTHER)** *continued*

	<b>Frequency</b>	<b>Percent</b>
LUPUS	1	.3
MD-MUSCULAR DYSTROPHY	1	.3
MOTIVATION	3	.8
MY AGE	1	.3
MY AGE AND MY BACK ISSUES.	1	.3
MY FEET ARE NOT VERY GOOD. GOUT	1	.3
MY HEALTH	1	.3
MY HEART PROBLEM	1	.3
MY JOB IN THE FREE STORE & THE AUTO REPAIR SHOP AND WE LIVE IN THE COUNTRY WHERE THE ROADS ARE NOT GOOD AND THERE ARE NO SIDEWALKS FOR A WHEEL CHAIR	1	.3
MY JOB-IS A PHYSICAL JOB-IS ALSO 14-15 HOURS A DAY	1	.3
NOT ENOUGH TIME. AND MEMBERSHIPS ARE TOO EXPENSIVE YOU CAN'T AFFORD IT	1	.3
NOT HAVING SOMEONE TO GO WITH ME AND I AM AT HOME WITH THE KIDS MOST OF THE TIME AND I DON'T HAVE A BABY SITTER	1	.3
NOT HAVING SOMEONE TO WATCH MY CHILDREN	1	.3
NOT IN THE HABIT	1	.3
NOT MOTIVATED	1	.3
NOT MUCH TO DO HERE	1	.3
NOTHING MUCH	1	.3
OLD AGE	1	.3
ONLY HAVE ONE LEG	1	.3
OUT IN THE COUNTRY	1	.3
OUT OF THE HABIT	1	.3
PAIN	1	.3
PROCRASTINATION	1	.3
TAKING CARE OF HUSBAND	1	.3
THE CHEMO TREATMENT	1	.3
THE HEALTH ISSUE	1	.3
THE TIME	1	.3
THE WEATHER	2	.5
THERE ISN'T ANYTHING AVAILABLE AROUND HERE	1	.3
THERE IS NOT A HANDBALL OR RACQUETBALL COURT IN CUSTER	1	.3
TIME	4	1.0
TIME AND AGE	1	.3
TIME MANAGEMENT	1	.3
TIME, WORK	1	.3
TO LONG A DRIVE TO TOWN	1	.3
TOO LAZY TO DO IT	1	.3
TOO OLD	1	.3
TOO TIRED AT THE END OF THE DAY	1	.3
TOO TIRED FROM WORK	1	.3

<b>Q20 (OTHER) <i>continued</i></b>	<b>Frequency</b>	<b>Percent</b>
TRANSPORTATION	1	.3
WE WORK OUTSIDE EVERYDAY AND IT HAS ACTIVITY INCLUDED	1	.3
WEATHER	1	.3
WELL I'M OUT IN THE COUNTRY AND IT'S A LONG WAYS TO GO IN TO TOWN	1	.3
WITH MY JOB I DON'T NEED	1	.3
WORK HOUR-S	1	.3
WORK NIGHTS	1	.3
WORK REQUIRES A LOT OF PHYSICAL WORK	1	.3
WORK TOO HARD	1	.3
WORK TOO MUCH	1	.3
<b>TOTAL</b>	<b>400</b>	<b>100.0</b>

<b>Q36 VERBATIMS</b>	<b>Frequency</b>	<b>Percent</b>
	<b>211</b>	<b>52.8</b>
20 MILES FROM TOWN-MY OWN MOTIVATION	1	.3
A BORING LIFE	1	.3
A COMMUNITY DANCE STUDIO	1	.3
A GOOD HORSE SHOE PITCHING FACILITY	1	.3
A HEATED SWIMMING POOL WOULD BE GOOD	1	.3
A HOME EXERCISE MACHINE	1	.3
A PAVED ROAD	1	.3
ADDING AN EXTRA HOUR TO MY DAY	1	.3
AN AREA GYM THAT DID NOT COST SO MUCH EACH MONTH THERE SHOULD BE A DISCOUNT FOR PEOPLE WITH DISABILITIES	1	.3
AN INDOOR POOL AND A JACUZZI WOULD BE NICE	1	.3
BE IN BETTER PHYSICAL CONDITION	1	.3
BEING ABLE TO GET TIME OFF OF WORK	1	.3
BEING ACTIVE SO MY BODY WILL STAY LIMBER AND TONED SO THAT I CAN DO THINGS CHANGE A LIGHT BULB AND SUCH THINGS. ITS IMPORTANT TO STAY ACTIVE SO THAT YOU CAN BE SELF SUFFICIENT. AN INDOOR POOL WOULD BE GREAT. THAT WOULD BE MY WISH.	1	.3
BETTER FEET AND THE COST OF GOING TO A FITNESS CLUB	1	.3
BETTER HEALTH	3	.8
BETTER POLITICS	1	.3
BETTER ROADS WITHOUT BUMPS	1	.3
BETTER WEATHER	2	.5
CANT THINK OF ANYTHING	1	.3
CHASING A GOOD LOOKING BLONDE	1	.3
CHEAPER GYM MEMBERSHIPS	1	.3
CHECKING OUT THE PRETTY LADIES THATS ENCOURAGING	1	.3
CHAUFFEUR	1	.3
CHURCH EVENTS	1	.3

**Q36 VERBATIMS** *continued*

	Frequency	Percent
CLOSER FAMILY RELATIONS AND TIES	1	.3
DECENT WEATHER	1	.3
DIFFERENT JOB	1	.3
DROPPING 50 LBS AND LOSING 30 YEARS	1	.3
ECONOMIC INCENTIVES	1	.3
ENCOURAGEMENT	1	.3
GARDENING	1	.3
GET MY KNEES REPLACED	1	.3
GET SOMEONE ELSE TO GO WITH ME.	1	.3
HAVE A FITNESS FACILITY NEAR BY WHERE I LIVE (WITHIN WALKING DISTANCE/ 3 TO 6 BLOCKS)	1	.3
HAVE A PARTNER TO WORK OUT WITH ME	1	.3
HAVE CURVES AVAILABLE -IT'S A PLACE THAT YOU GO THAT HAS EXERCISE MACHINES	1	.3
HAVE SOMEBODY TO DANCE WITH	1	.3
HAVING SOMEBODY TO DO IT WITH	1	.3
HEART ATTACK I WOULD CONSIDER IT	1	.3
HEATED THERAPY POOL	1	.3
HIKING TRAILS PARKS CHEAPER GYM OPEN 24/7 GYM FOR TEENAGERS	1	.3
I CANT THINK OF ANYTHING	1	.3
I COULD GO MORE PLACES IF I HAD A ROAD. IT WOULD BE REALLY NICE IF I COULD TAKE A ROAD IN GOOD CONDITION FROM MY DRIVEWAY TO THE SHOP. I DON'T THINK SO	1 1	.3 .3
I EXTEND MY ENERGY AND I KNOW MY LIMITATIONS AND I MEET THOSE LIMITATIONS	1	.3
I GUESS SOMEONE TO DO IT WITH - A PARTNER	1	.3
I HAVE A PROJECTS AT HOME WHERE I'M REMODELING A ROOM.	1	.3
I LIKE TO SWIM BUT THERE'S ONLY ONE IN THEIR REC CENTER	1	.3
I NEED A PLACE WHERE IT'S WARM MOST OF THE TIME, I DON'T LIKE WIND IN THE WINTER	1	.3
I SPEND 8 1/2 HOURS A DAY GOING BACK AND FORTH IN A NURSING HOME	1	.3
I WALK BACK AND FORTH IN FORTH IN THE HOUSE IN THE MORNING FOR A BIT	1	.3
I WOULD GET INTO A SWIMMING POOL IF IT WERE CLOSER I WOULD LOVE TO BE IN ONE EVERYDAY	1	.3
I WOULD SAY IF THEY HAD MORE ZUMBA CLASSES.	1	.3
IF I COULD BREATHE. IN OTHER WORDS, NO.	1	.3
IF I COULD DO IT, RIGHT NOW, IVE BEEN SICK	1	.3
IF I COULD GET MY ILLNESS TAKEN CARE OF.	1	.3
IF I DIDN'T HAVE THE PHYSICALLY DEMANDING JOB I HAVE NOW. I WOULD DO MORE PHYSICAL ACTIVITY ALL DAY	1	.3
IF I DIDN'T HAVE TO WORK SO MANY HOURS IN THE DAY	1	.3
IF I FELT I HAD MORE TIME & IF I HAD A HEALTH CONDITION THAT NEEDED EXERCISE	1	.3
IF I HAD A PARTNER I WOULD REALLY ENJOY IT	1	.3

**Q36 VERBATIMS** *continued*

	Frequency	Percent
IF I HAD MORE TIME	1	.3
IF I HAD SOMEBODY TO GO TO THE GYM WITH ME I WOULD BE MORE LIKELY	1	.3
IF I WAS A LOT YOUNGER	1	.3
IF I WAS LESS BUSY.	1	.3
IF I WAS YOUNGER. IF I HAD A SPOUSE	1	.3
IF MY ASTHMA WAS MORE UNDER CONTROL	1	.3
IF MY HEALTH GOT BAD. IF I NEEDED TO LOSS SOME WEIGHT	1	.3
IF THE FACILITY WAS CLOSER TO WHERE I LIVE, AND DIDN'T HAVE TO DRIVE ALL THE WAY INTO TOWN. I FEEL THE COST IS A LITTLE BIT EXPENSIVE FOR THE TIME I GET, THERE SHOULD BE A SENIOR DISCOUNT AS WELL	1	.3
IF THERE A WAS TO GET RID OF LUPUS	1	.3
IF THESE PLACES DID NOT CHARGE SO MUCH- THE COST. A FAIR PRICE 30\$ A MONTH (FOR SWIMMING,EXERCISING EQUIPMENT AND CLASSES SUCH AS YOGA) AND A HOT WATER POOL.	1	.3
IF THEY BUY ME A NEW PAIR OF FEET AND IF I GET YOUNGER	1	.3
IF THEY WOULD FIND A CURE FOR ARTHRITIS	1	.3
IF WE HAD NICE WARM WEATHER EVERYDAY.	1	.3
IF YOU HAD SOME HEALTH ISSUES YOU BE MORE LIKELY TO GET INTO IT	1	.3
IN THE RURAL AREAS IF THEY PUT IN WALKWAYS ALONG THE ROADS	1	.3
ITS JUST A MATTER OF TIME	1	.3
JUST EXERCISING MORE	1	.3
JUST GET WELL	1	.3
JUST HAVING THE TIME	1	.3
JUST MY ATTITUDE	1	.3
JUST THE DESIRE	1	.3
JUST TO GET IN SHAPE THAT WOULD BE THE ONLY REASON	1	.3
JUST WORK LESS	1	.3
KAYAKING	1	.3
KNEE REPLACEMENTS	1	.3
LONGER DAYS	1	.3
MAKE THE TIME TO DO IT(SELF DISCIPLINE) & IT WOULD BE NICE TO HAVE PICK UP GAMES OF BASKETBALL 3 TO 5 TIMES A WK	1	.3
MORE 5K RUNNING EVENTS	1	.3
MORE ACTIVITY INVOLVEMENT, VOLUNTEER OPPORTUNITIES, COMMUNITY CLASSES OR PROGRAMS,	1	.3
MORE SUNSHINE DURING THE DAY	1	.3
MORE TIME	5	1.3
MORE TIME IN MY WORKDAY	1	.3
MORE TIME IN THE DAY	1	.3
MORE WALKING	1	.3
MOSTLY JUST TIME TO DO IT	1	.3
MOTIVATION	2	.5
MY OVERALL HEALTH WOULD BE BETTER IF I WERE BUT IT HURTS GETTING UP	1	.3

**Q36 VERBATIMS** *continued*

	Frequency	Percent
MY OWN MOTIVATION	1	.3
NEED MORE TIME	1	.3
NEW GUT.	1	.3
NEW KNEES AND HIPS	1	.3
NICER WEATHER	1	.3
NO	30	7.5
NO, I LIKE ALL THE STUFF YOU WERE TALKING ABOUT LIKE THE GYM	1	.3
NO.	1	.3
NOPE	1	.3
NOT HAVING TO WORK SO MUCH	1	.3
NOT REALLY	2	.5
NOT REALLY-JUST NEED TO GET OFF MY DUFF	1	.3
NOT THAT I CAN THINK OF	1	.3
NOTHING	2	.5
NOTHING NOT MENTIONED.	1	.3
PLAYING WITH MY DOGS	1	.3
PROBABLY IF I DIDN'T WORK AT ALL, WHERE I HAD MORE TIME.	1	.3
RETIREMENT	2	.5
SELF INITIATIVE	1	.3
SELF MOTIVATION	1	.3
SEPARATE ADULT GYM	1	.3
SOME SORT OF PILL TO GIVE ME SOME MORE ENERGY	1	.3
SOME TO WALK WITH ME	1	.3
SOME MORE TIME LESS WORK	1	.3
SOMEONE TO DO IT WITH	1	.3
SOMEONE TO GO ALONG ON HIKES	1	.3
SOMEONE TO GO WITH ME	1	.3
SOMETHING AT WORK FOR EXTRA TIME TO EXERCISE	1	.3
SOMETHING LIKE ONE OF THOSE ZUMBA OUTFITS WHERE YOU GET TOGETHER WITH OTHER PEOPLE FOR CARDIO	1	.3
SQUARE DANCE	1	.3
TENNIS ACTIVITIES	1	.3
THAT I WASN'T SO BUSY OR SO LAZY	1	.3
THE BETTER WEATHER	1	.3
THE DOCTOR	1	.3
THE REASON I SAID NO DIFFERENCE IS BECAUSE OF ALL THE THINGS YOU READ WE ALREADY HAVE ALL OF THOSE OPTIONS. THE ONLY THING WE DO NOT HAVE AT THIS POINT IS AN OUTDOOR SWIMMING POOL AND THE OLD ONE WAS TORN DOWN WHICH WAS BUILT ABOUT 50-YEARS AGO AND WE AR	1	.3
TIME	2	.5
TO GET MY HIP FIXED	1	.3
TO HAVE MORE ENERGY	1	.3
TWENTY YEARS YOUNGER	1	.3

**Q36 VERBATIMS** *continued*

	Frequency	Percent
UNLESS THEY FIND A CURE FOR MS, I DON'T THINK SO	1	.3
WARMER CLIMATE	1	.3
WARMER WEATHER	1	.3
WARMER WEATHER IN WINTER	1	.3
WEATHER	1	.3
WEIGHT LOSS	1	.3
WELL I AM HOPING TO ACCOMPLISH THAT IN FOUR MONTHS WHEN I RETIRE. I WILL HAVE MORE TIME.	1	.3
WILLINGNESS	1	.3
WINNING THE LOTTERY	1	.3
WORK, ON MY FEET UNTIL 11AM TO 8PM	1	.3
YARD WORK AND WORKING IN THE FIELD SUCH DRIVING A TRACTOR	1	.3
YEAH IF I DIDN'T HAVE A BAD HEART OR A BAD JOINTS.	1	.3
<b>TOTAL</b>	<b>400</b>	<b>100.0</b>

**Q55**

	Frequency	Percent
	<b>369</b>	<b>92.3</b>
GOOD-I LIKE THE WEBSITE	1	.3
HAS GOOD INFORMATION	1	.3
HAVEN'T LOOKED AT IT FOR A WHILE, BUT THEY HAVE RECIPES AND ACTIVITIES AND I THINK THAT IT'S PRETTY GOOD. I THINK IT'S GOOD THAT THEY'RE TELLING PEOPLE EVEN A LITTLE BIT. A LITTLE BIT HELPS.	1	.3
I LIKE IT, PRINTED SOME SHEETS OFF.	1	.3
I LIKED THEIR INFORMATION	1	.3
I LOOKED AT IT ONCE NO LASTING IMPRESSION	1	.3
I THOUGHT IT WAS VERY HELPFUL TEACHING NUTRITION HABITS	1	.3
I USED IT FOR A COLLEGE CLASS IT WAS SOMEWHAT HARD TO NAVIGATE THAT WAS ABOUT A YEAR AGO I DON'T KNOW IF ITS CHANGED NOW ITS BENEFICIAL I GUESS IF SOMEBODY GOES TO LOOK AT IT	1	.3
I WAS LOOKING FOR SPECIFIC THING ON QUITTING SMOKING FOR OTHERS, AND WAS PRETTY GOOD-IT WAS A PROMOTION AT WORK	1	.3
IT GAVE ME SOME HELPFUL INFORMATION, I HAD A SERIOUSLY BROKEN ARM SEVERAL YEARS AGO AND I READ AN ARTICLE ON HEALTHYS.D.GOV ABOUT VIBRATION HEALING BONES FASTER, AND I ASKED MY DOCTOR ABOUT IT AND HE SAID YES, AND SO WE DID IT AND IT WORKED REALLY WELL	1	.3
IT KINDA GETS MONOTONOUS.	1	.3
IT THINK ITS VERY GOOD ITS VERY INFORMATIVE	1	.3
IT WAS FINE, IT WORKED, I THINK I JUST USED IT ONE TIME	1	.3
IT WAS GOOD	1	.3
IT WAS INFORMATIVE	1	.3
IT WAS O.K..	1	.3
IT WAS OK NOT SOMETHING I LOOK AT A LOT	1	.3
IT WAS SOMETHING I VISITED WHILE I WAS TEACHING.	1	.3

**Q55** *continued*

	Frequency	Percent
IT'S NOT BAD	1	.3
IT'S VERY GOOD. HAVEN'T BEEN THERE IN A WHILE, BUT IT'S GOOD.	1	.3
ITS A GOOD WEBSITE I WORK FOR THE STATE GOVERNMENT WE ARE INVOLVED IN THAT	1	.3
ITS BEEN AWHILE SINCE I DID IT, I USED TO BE A STATE EMPLOYEE. ITS BEEN A GOOD FIVE YEARS SINCE I'VE BEEN ON IT. I LIKED THE CHALLENGES THEY DID VERY MUCH	1	.3
ITS GOOD	1	.3
ITS GOOD, I LIKE IT	1	.3
JUST BROWSED THROUGH IT DIDN'T GET TO CHECK IT OUT MUCH.	1	.3
THEY GIVE PARTS OF THE ANSWERS AND WANT YOU TO BUY A BOOK, IF THEY CAN'T TELL ME ON THE INTERNET THEN I'LL FIND OUT SOME OTHER WAY. USUALLY THE BOOK IS ABOUT 20\$ AND HALF OF IT IS ADVERTISING.	1	.3
THEY HAVE A HEALTH PROGRAM ON THE SITE ITS GOOD WITH LOTS INFO	1	.3
THEY HAVE SOME GOOD INFORMATION ON IT	1	.3
TOO CONFUSING, I COULDN'T FIND WHAT I WAS LOOKING FOR	1	.3
TO BE INFORMATIVE GOOD	1	.3
TRY TO PAY A CO PAYMENT	1	.3
<b>TOTAL</b>	<b>400</b>	<b>100.0</b>