

## Physical Activity and Wellbeing Residents' Survey 2022

**Be in with a chance of winning one of 15x £20 Amazon.co.uk Gift Cards, by sharing your thoughts.**

If you are 18 or over and live in Leicestershire, Leicester or Rutland, we would like to learn more about your habits and opinions on physical activity.

Active Together and local authority partners across Leicestershire, Leicester and Rutland would like to understand how you feel about being active, your current habits and your future intentions. This will help us to identify what support and opportunities are needed in our communities to help you and other residents lead healthy active lives.

The information you provide will remain anonymous and be used by your local authority, Active Together and other physical activity and sport providers to shape a local physical activity and sport offer with a focus on improving residents' health and wellbeing.

Don't worry if you are not currently taking part in activity or not regularly attending sports sessions, your views are equally as important.

If you are a parent or guardian of a child between the ages of 0-17 years, you will also be asked questions on their activity levels.

Please allow approximately 10 minutes to complete the main survey and an additional 5 minutes for you to answer the child questions (if applicable). Please only submit one response per person. The closing date to complete this survey is **midnight on Sunday 10th July 2022**.

If you have any questions about the survey or require this information in a different format or language, please contact Active Together on 01509 564888 or [info@active-together.org](mailto:info@active-together.org)

\*= mandatory question.

Thank you for your time.

**1. How is your health in general? Would you say it is...?\***

- Very good                       Fair                       Very bad  
 Good                               Bad                       Prefer not to say

**2. In the past week, how many minutes of physical activity have you done in total, which was enough to raise your breathing rate?** Please include sport, fitness and recreation activities, and brisk walking or cycling for any purpose, but do not include physical activity that is part of your work.\*

- Less than 30 minutes (less than half an hour) (please now go to question 8)  
 30-59 minutes (between half an hour and up to an hour)  
 60-89 minutes (between an hour and up to 1.5 hours)  
 90-119 minutes (between 1.5 hours and up to 2 hours)  
 120-149 minutes (between 2 hours and up to 2.5 hours)  
 150 minutes or more (2.5 hours or more)

**3. Have you been walking either for leisure or travel in the past week?\***

- Yes                       No (please now go to Q5)

**4. For what purpose(s) did you walk in the past week?** Please select all that apply.\*

- For leisure, health, fitness, or recreation  
 To get to / from shops or supermarkets  
 For personal business e.g. running errands or visiting the doctor  
 Dog walking  
 To visit friends or family  
 To get to / from my place of work  
 For journeys made as part of my work  
 To get to / from school or place of education (including escorting others)  
 To volunteer or provide support to others  
 To get to / from entertainment venues or attractions e.g. cinemas, museums, pubs and restaurants, sports facilities etc.  
 Other: \_\_\_\_\_

**5. Have you been cycling either for leisure or travel in the past week?\***

- Yes                       No (please now go to Q7)

**6. For what purpose(s) did you cycle in the past week?** Please select all that apply.\*

- For leisure, fitness, or recreation
- For competition purposes
- To get to / from shops or supermarkets
- For personal business e.g. running errands or visiting the doctor
- To visit friends or family
- To get to / from my place of work
- For journeys made as part of my work
- To get to / from school or place of education (including escorting others)
- To volunteer or provide support to others
- To get to / from entertainment venues or attractions e.g. cinemas, museums, pubs and restaurants, sports facilities etc.
- Other: \_\_\_\_\_

**7. What other types of physical activity have you done in the past week (if any)?**

Please select all that apply and please don't include walking or cycling.\*

- Running or jogging
- Home activity, fitness or exercise class viewed online
- Home activity, fitness or exercise class not viewed online
- Indoor gym/fitness classes away from home e.g. at a gym, leisure centre or community centre
- Indoor swimming
- Indoor sports hall activities e.g. basketball, badminton, martial arts etc.
- Organised outdoor team sports e.g. football, rugby, hockey etc.
- Outdoor gym activity
- Other outdoor sports and activities e.g. golf, outdoor tennis, water sports etc
- Gardening
- Mass participation events e.g. parkrun, Race for Life, Sportive, obstacle races etc.
- No other activity
- Other: \_\_\_\_\_

**8. In the past week, on how many days have you done exercises that strengthen your muscles?**

This refers to exercises that made your muscles feel some tension, shake or feel warm and includes activities such as lifting weights, sit-ups, yoga, carrying heavy bags or digging the garden.\*

- |                              |                              |                              |                              |
|------------------------------|------------------------------|------------------------------|------------------------------|
| <input type="radio"/> 0 days | <input type="radio"/> 2 days | <input type="radio"/> 4 days | <input type="radio"/> 6 days |
| <input type="radio"/> 1 day  | <input type="radio"/> 3 days | <input type="radio"/> 5 days | <input type="radio"/> 7 days |

**9. During the last week, approximately how much time did you spend sitting down each day outside of any working hours?** Please include time spent at home and during leisure time but not when you were sleeping. This may include, watching the tv, using the computer, reading, sitting with friends and family.\*

- |  |  |
|--|--|
| <input type="radio"/> Less than 1 hour each day            | <input type="radio"/> Between 5 and up to 7 hours each day |
| <input type="radio"/> Between 1 and up to 3 hours each day | <input type="radio"/> Between 7 and up to 9 hours each day |
| <input type="radio"/> Between 3 and up to 5 hours each day | <input type="radio"/> 9 or more hours each day             |

[Children and young people’s physical activity](#)

**10. Are you a parent or guardian of any children aged 17 and under currently living in your household?** Please select all that apply.\*

- Yes
- No (please now go to Q25)
- Prefer not to say (please now go to Q25)

**11. Are any of your children aged between 0-4 years? \***

- Yes
- No (please go to Q13)

**12. What would be the best way for local organisations to share messages with families about how to move more with young children?**

**13. Are any of your children aged between 5-11 years? \***

- Yes
- No (please go to Q18)

**14. For each child aged between 5-11 years, how many minutes of physical activity have they done in total in the past week which made them breathe faster or made them hot and tired?** This might include cycling, scootering, running, sport, ball games, trampolining, dancing, exercise classes or any other physical activity they did by themselves or with others.

	Approximately 60 minutes or more each day	Approximately 30-59 minutes each day	Approximately less than 30 minutes each day	Nothing
Child 1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Child 2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Child 3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Child 4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Child 5	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**15. Do your children aged 5-11 years mainly take part in physical activity within or outside of school hours? \***

- In school                       About the same in and out of school  
 Outside of school               Don't know

**16. Typically, how do your children aged 5-11 years travel to school? Please select all that apply. \***

- Walk                                       In the car  
 Ride a bike                               On the bus, train or other public transport  
 Ride a scooter                               Not applicable  
 Other: \_\_\_\_\_

**17. For each child aged between 5-11 years please answer the following question. Thinking about a normal school week, approximately how long do your children spend sitting down before and after school each day? This can include activities such as watching tv, using the computer, playing video games, doing homework, reading, sitting with friends and family. Please do not include time when they are sleeping.**

	Less than an hour each day	1-2 hours each day	2-3 hours each day	3-4 hours each day	4-5 hours each day	5+ hours each day
Child 1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Child 2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Child 3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Child 4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Child 5	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**18. Are any of your children aged between 12-17 years? \***

- Yes  
 No (please go to Q23)

**19. For each child aged between 12-17 years, how many minutes of physical activity have they done in total in the past week which made them breathe faster or made them hot and tired? This might include cycling, scootering, running, sport, ball games, trampolining, dancing, exercise classes or any other physical activity they did by themselves or with others.**

	Approximately 60 minutes or more each day	Approximately 30-59 minutes each day	Approximately less than 30 minutes each day	Nothing
Child 1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Child 2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Child 3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Child 4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Child 5	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**20. Do your children aged 12-17 years mainly take part in physical activity within or outside of school, college or work hours? \***

- In school / college / work
- About the same in and out of school / college / work
- Outside of school / college / work
- Don't know

**21. Typically, how do your children aged 12-17 years travel to school, college or work?**

Please select all that apply. \*

- Walk
- In the car
- Ride a bike
- On the bus, train or other public transport
- Ride a scooter
- Not applicable
- Other: \_\_\_\_\_

**22. For each child aged between 12-17 years please answer the following question. Thinking about a normal school, college or working week, approximately how long do your children spend sitting down before and after school, college or work each day? This can include activities such as watching tv, using the computer, playing video games, doing homework, reading, sitting with friends and family. Please do not include time when they are sleeping.**

	Less than an hour each day	1-2 hours each day	2-3 hours each day	3-4 hours each day	4-5 hours each day	5+ hours each day
Child 1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Child 2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Child 3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Child 4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Child 5	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**23. What barriers do your children face to being more active, if any?**

**24. What support, if any, would help your children become more active?**

**How much do you agree or disagree with each of the below statements today...?**

**25. 'I feel that I have the ability to be physically active'?** Ability includes physical ability and confidence. \*

- |   |   |
|---|---|
| <input type="radio"/> Strongly agree (please now go to Q28) | <input type="radio"/> Disagree          |
| <input type="radio"/> Agree (please now go to Q28)          | <input type="radio"/> Strongly disagree |
| <input type="radio"/> Neither agree nor disagree            | <input type="radio"/> Don't know        |

**26. Please share with us why you feel that you don't or are unsure if you have the ability to be physically active:** Please select all that apply. \*

- I don't know what physical activity is
- I don't have the required skills
- I don't know how to be more active
- I'm not confident enough
- I don't have the strength
- I have a disability or long-term health condition, or poor health which limits me
- I'm worried I may get injured
- I am / have been suffering from long COVID
- Other: \_\_\_\_\_

**27. What would help you to feel more confident in your ability to be physically active?**

**28. 'I feel that I have the opportunity to be physically active'?** Opportunity includes things such as having somewhere to do it, being able to afford it, having the right kit, support from family, someone to take part with, available time etc. \*

- |   |   |
|---|---|
| <input type="radio"/> Strongly agree (please now go to Q31) | <input type="radio"/> Disagree          |
| <input type="radio"/> Agree (please now go to Q31)          | <input type="radio"/> Strongly disagree |
| <input type="radio"/> Neither agree nor disagree            | <input type="radio"/> Don't know        |

**29. Please share with us why you feel that you don't or are unsure if you have the opportunity to be physically active:** Please select all that apply. \*

- I don't know about local opportunities
- There are no appropriate local opportunities
- I have childcare responsibilities
- I have other caring responsibilities
- I'm not able to afford certain activities
- I don't have the time
- Lack of transport
- I don't have the kit required to take part
- None of my friends or family are active / I haven't got anyone to be active with
- No activities are suited for me
- Other: \_\_\_\_\_

**30. What would help you to access more opportunities to be active?**

**31. 'I feel motivated to be physically active'?** Motivation includes having the desire to be active, such as getting healthier or improved mental health. \*

- |   |   |
|---|---|
| <input type="radio"/> Strongly agree (please now go to Q34) | <input type="radio"/> Disagree          |
| <input type="radio"/> Agree (please now go to Q34)          | <input type="radio"/> Strongly disagree |
| <input type="radio"/> Neither agree nor disagree            | <input type="radio"/> Don't know        |

**32. Please share with us why you don't or are unsure if you feel motivated to be physically active:** Please select all that apply. \*

- I don't know where to start
- I don't believe I can do it
- I don't believe that it's going to help me
- Whenever I try, I fail / I can't keep it going
- It hurts
- It's too hard
- I don't look / feel like an active person
- My mental health is a barrier
- I've never been physically active so why change
- No one is there to help me
- I'm embarrassed about my weight
- I don't want to work out in front of others
- I haven't enjoyed being active previously
- I just don't want to be active
- Other: \_\_\_\_\_



**33. What would motivate you to be more active?**

[Please tell us about your key considerations to being active](#)

**34. To what extent do the following things motivate you to be active? \***

	To a great extent	To some extent	Not at all
Improving and maintaining good physical health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Improving and maintaining good mental health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Opportunity to socialise – taking part with others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Improving my skills, ability or standard of play	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**35. What things influence your physical activity, sport and exercise choices?**

**36. What, if any, are the biggest challenges that you face to being physically active right now?**

**37. What would help you to overcome these challenges (if applicable)?**

**38. What formats of physical activity appeal to you? Please select all that apply. \***

- Competitive (activity where the emphasis is on competition and winning)
- Semi-competitive (a mix of competition, fun and enjoyment)
- Recreation / social (focus on fun and enjoyment)
- Group activity
- Individual activity
- Team / Club activity
- Family based activity
- Virtual / online activity
- No preference
- Other: \_\_\_\_\_

**39.If you are interested in virtual activities, what format of virtual / online activity would you access?** Please select all that apply.

- Pre-recorded exercise sessions
- Live exercise sessions
- Other: \_\_\_\_\_
- App-based programmes or sessions
- No preference

**40.Where would you prefer to take part in physical activity?** Please select all that apply. \*

- Indoors (community venue e.g. gym, village hall)
- Indoors (at home)
- Outdoors (open space / park, in the neighbourhood)
- Other: \_\_\_\_\_
- Outdoors (sports pitch)
- Outdoors (at home)
- No preference

**41.Who would you prefer to participate in physical activity with?** Please select all that apply. \*

- Friends
- Family / relatives
- Other club members
- Females only
- Males only
- Other: \_\_\_\_\_
- Mixed gender
- People of a similar age
- I prefer individual activities
- No preference

[Please tell us about your future intentions](#)

**42.Which of these changes to your lifestyle are you thinking of making in the next 6 months, if any?** Please select all that apply. \*

- Stop smoking
- Cut down the amount of alcohol you drink
- Increase the amount of physical activity you do
- Lose weight
- Eat more healthily
- Increase the amount of volunteering you do in the community
- Focus on your mental health and wellbeing
- None of these
- Other: \_\_\_\_\_

**43.If applicable, what support do you need to make these changes?**

**44. What is your full postcode? \*** \_\_\_\_\_

We will only use this information to understand the areas where survey respondents live, to help plan where future provision would be most beneficial. **It will not identify your house.**

**45. What local authority area do you live in (this is who you pay your council tax to if applicable)?** This is so we can ask you specific questions related to where you live.\*

- |   |   |                                      |
|---|---|--------------------------------------|
| <input type="radio"/> Blaby                 | <input type="radio"/> Leicester City            | <input type="radio"/> Rutland        |
| <input type="radio"/> Charnwood             | <input type="radio"/> Melton                    | <input type="radio"/> Don't know     |
| <input type="radio"/> Harborough            | <input type="radio"/> North West Leicestershire | <input type="radio"/> Not applicable |
| <input type="radio"/> Hinckley and Bosworth | <input type="radio"/> Oadby and Wigston         |                                      |

**46. What, if anything, prevents you from participating in physical activity in your local area?**

**47. What would you improve in your local area to encourage you and others to be more active?**

**48. Have you seen or been made aware of the local Let's Get Moving Campaign (including the local Active Together Champions)? \***

- Yes       No (please go to Q50)       Don't know (please go to Q50)

**49. Please tell us where you have seen or heard about this campaign.** Please select all that apply. \*

- |  |   |
|--|---|
| <input type="radio"/> TV news stories      | <input type="radio"/> Dedicated online groups e.g. Facebook Spotted and community group pages, Mumsnet. |
| <input type="radio"/> Radio shows / news   | <input type="radio"/> Spotify Ads   |
| <input type="radio"/> Radio adverts        | <input type="radio"/> On signs e.g. on buses, billboards, lampposts.                                    |
| <input type="radio"/> Websites             | <input type="radio"/> Local activity and sport venues   |
| <input type="radio"/> Emails / newsletters | <input type="radio"/> Local magazines / newspapers  |
| <input type="radio"/> Social media         | <input type="radio"/> At an event e.g. community or workplace event.                                    |
| <input type="radio"/> Online news sites    |   |
| <input type="radio"/> Other: _____         |   |

**50. Please tell us if you have seen or are aware of any of the following national campaigns.**

Please select all that apply. \*

- This Girl Can                       We Are Undefeatable                       Not aware of any of these

**51. What is the best way for you to find out about physical activity opportunities in your local area?** Please select all that apply. \*

- |  |   |
|--|---|
| <input type="radio"/> Radio                        | <input type="radio"/> Dedicated online groups e.g. Facebook Spotted and community group pages, Mumsnet. |
| <input type="radio"/> Local magazines / newspapers | <input type="radio"/> On signs (e.g. on buses, billboards, lampposts)                                   |
| <input type="radio"/> Social media                 | <input type="radio"/> Local community venue e.g. community centre, place of worship, sports club.       |
| <input type="radio"/> Online websites              | <input type="radio"/> Friend / Family member / Word of mouth  |
| <input type="radio"/> Emails / newsletters         | <input type="radio"/> I'm not interested  |
| <input type="radio"/> Other: _____                 |   |

**52. If applicable, please specify which social media platform you use most regularly to find out local information?**

- |                                |                                 |                                |
|--------------------------------|---------------------------------|--------------------------------|
| <input type="radio"/> Facebook | <input type="radio"/> Instagram | <input type="radio"/> Snapchat |
| <input type="radio"/> Twitter  | <input type="radio"/> TikTok    | <input type="radio"/> LinkedIn |

[Please tell us about you](#)

Active Together and our trusted partners are committed to ensuring that our services, policies and practices are free from discrimination and prejudice, meet the needs of all sections of the community and promote and advance equality of opportunity.

We would therefore be grateful if you would answer the following questions. You are under no obligation to provide the information requested, but it would help us greatly if you did.

**53. Are you? \***

- Male                       Female                       Prefer to self-describe                       Prefer not to say

**54. How old are you? \***

- |                                   |                                   |                                   |   |
|-----------------------------------|-----------------------------------|-----------------------------------|---|
| <input type="radio"/> 18 years    | <input type="radio"/> 35-44 years | <input type="radio"/> 65-74 years | <input type="radio"/> Prefer not to say |
| <input type="radio"/> 19-24 years | <input type="radio"/> 45-54 years | <input type="radio"/> 75-84 years |   |
| <input type="radio"/> 25-34 years | <input type="radio"/> 55-64 years | <input type="radio"/> 85+ years   |   |

**55. Do you have a longstanding physical, mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?** Please select all that apply. \*

- |   |   |
|---|---|
| <input type="radio"/> Yes - mental condition or illness   | <input type="radio"/> No                |
| <input type="radio"/> Yes - physical condition or illness | <input type="radio"/> Prefer not to say |
| <input type="radio"/> Yes - other                         |   |

**56. Which one of the following best describes your ethnic group or background? \***

- |  |   |
|--|---|
| <input type="radio"/> White                          | <input type="radio"/> Black / African / Caribbean / Black British |
| <input type="radio"/> Mixed / Multiple ethnic groups | <input type="radio"/> Prefer not to say                           |
| <input type="radio"/> Asian / Asian British          | <input type="radio"/> Other: _____                                |

**57. What is your religion? \***

- |   |   |
|---|---|
| <input type="radio"/> No religion                   | <input type="radio"/> Muslim            |
| <input type="radio"/> Christian (all denominations) | <input type="radio"/> Sikh              |
| <input type="radio"/> Buddhist                      | <input type="radio"/> Prefer not to say |
| <input type="radio"/> Hindu                         | <input type="radio"/> Other: _____      |
| <input type="radio"/> Jewish                        |   |

**58. Many people face discrimination because of their sexual orientation and for this reason we have decided to ask this monitoring question. You do not have to answer it, but we would be grateful if you could **select the box next to the category which describes your sexual orientation.****

- |   |   |   |
|---|---|---|
| <input type="radio"/> Bi-sexual               | <input type="radio"/> Lesbian                 | <input type="radio"/> Prefer not to say |
| <input type="radio"/> Gay                     | <input type="radio"/> Other                   |   |
| <input type="radio"/> Heterosexual / straight | <input type="radio"/> Prefer to self-describe |   |

**59. Which of these activities best describes what you are doing at present? Please select only one option. \***

- |   |   |
|---|---|
| <input type="radio"/> Employee in full-time job (30 hours plus per week)      | <input type="radio"/> Permanently sick / disabled |
| <input type="radio"/> Employee in part-time job (less than 30 hours per week) | <input type="radio"/> Wholly retired from work    |
| <input type="radio"/> Self-employed full or part-time                         | <input type="radio"/> Looking after the home      |
| <input type="radio"/> On a government supported training programme            | <input type="radio"/> Doing something else        |
| <input type="radio"/> Full-time education at school, college or university    | <input type="radio"/> Prefer not to say           |
| <input type="radio"/> Unemployed and available for work                       |   |

[Nearly there...](#)

[Prize Draw Terms and Conditions](#)

- The prize draw is being run by Active Together.
- The prize draw is open to residents of Leicestershire, Leicester and Rutland aged 18 years or over who complete the survey in full.
- To enter the prize draw you must complete the survey and the prize draw fields. No purchase is necessary.
- Entry to the prize draw opens on 20<sup>th</sup> June 2022 and will close at midnight on 10<sup>th</sup> July 2022.
- We reserve the right to extend the survey and the prize draw window, this will be communicated via the survey link, our website and social media platforms.
- The prize draw will be held at the end July 2022.
- There are 15 x £20 Amazon.co.uk Gift Cards\* to be won in total. \*Restrictions apply, see [www.amazon.co.uk/gc-legal](http://www.amazon.co.uk/gc-legal)
- Only one entry per person will be accepted.
- The prize is as stated, and no cash or other alternatives will be offered. The prize is non-transferable and non-exchangeable.

- Winners will be notified by email within 28 days of the closing date. If the winner cannot be contacted or does not claim the prize within 14 days of notification, we reserve the right to withdraw the prize from that winner and pick a replacement winner.
- 15 winners will be chosen at random in accordance with these Terms and Conditions.

[Future Research](#)

We may want to follow-up with individuals to find out further information based on the survey responses they have provided. If you are happy for Active Together to contact you for this purpose, please provide your consent and contact details below. Thank you.

[Active Together Newsletter](#)

We'd love to keep in touch with you about our local Let's Get Moving campaign, which aims to help you get active in a way that suits you, through our email newsletter. If you are interested in receiving this from us and being registered on our website [www.active-together.org](http://www.active-together.org), please opt-in below. You can opt-out at any time using the unsubscribe option at the bottom of the newsletter.

Active Together take your privacy seriously and will only use your personal information in relation to the Physical Activity and Wellbeing Residents' Survey and follow-on work. Please note that anonymised data will be shared amongst our trusted partners, where individuals will not be identified. We will collect and process data in line with the Data Protection Act 2018. For more information please view our Privacy Policy at [www.active-together.org/privacypolicy](http://www.active-together.org/privacypolicy)

**If you would prefer not to share your contact details for any of the above reasons, you can finish the survey here.**

**60.If you would like to opt-in to any of the above, please provide your email address:**

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**61.If you have provided your email address, please confirm how you would like us to use this:** Please select all that apply.

- I would like to be entered into the free prize draw
- I am happy to be contacted for future related research
- I would like to sign-up to the Let's Get Moving Newsletter

Thank you for your time.

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**For administrators of the survey:**

If you are able to enter the responses from this form into our online version, please do so by going to the following webpage (thank you): [www.active-together.org/residents-survey](http://www.active-together.org/residents-survey). After submitting, please then destroy the survey.

Alternatively, you can hand-deliver or send us this completed form (marked private and confidential) to:

Dominique Lammie, Active Together, SportPark, Loughborough University, 3 Oakwood Drive, Loughborough, Leicestershire, LE11 3QF.