



Take Charge of Your Health!

Please Complete our Health Survey on **Physical Activity**

Name _____ Date: _____

Age group: 5-17 y 18-59 y 60+ y

Gender: F M Ethnicity: _____
(cultural group, race, self-descriptor)

Location/Site _____

Please take a few moments and complete this short survey. Select and circle your best answer for each question.

1. It is good to be physically active most days of the week. T or F
2. Physical activity does not help with weight control. T or F
3. Dancing is not a form of physical activity. T or F
4. Checking with your doctor before starting a physical activity program is a good idea. T or F
5. Thirty to 90 minutes of physical activity each day is a good amount for most people. T or F

Thank you for participating. We hope that the presentation gave you some useful information today.



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. www.cphp.uic.edu