

“Healthy U” Task Force

Physical Activity Survey

Please help us with our efforts to evaluate Lincoln County needs, to improve the activity level and health of our residents.

Please fill out and return:

1. What do you do for exercise? How often?

2. What facilities/places (& where) do you use for exercise activities?

3. What type activities would interest you (ie: walking buddies; aerobic exercise; yoga; Zumba; use of school gym/track, etc.)

4. What other resources for physical activity &/or exercise programs do you know about in the community or nearby counties that could be useful (if money and time allowed)?

THANK YOU FOR YOUR HELP!



www.lifedependsonit.com