**Physical Activity and Wellbeing Residents’ Survey 2024**

**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 the information Active Together collect will be shared with your local authority and Active Togethers’ wider partners 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 physical activity or not regularly attending sports sessions, your views are equally as important.

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 14th July 2024.**

The survey is being hosted on Survey Mechanics, a platform hosted by Instant Insight Ltd. Instant Insight Limited are committed to protecting and respecting your privacy. You can read their privacy policy here [surveymechanics.com/privacy](https://surveymechanics.com/privacy).

If you have any questions about the survey or require this information in a different format or language, please contact Active Together on 01509 467500 or info@active-together.org

\*= mandatory question.

Thank you for your time.

Please tell us about your health and physical activity levels

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

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

1. **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)  |
| 🌕 | 30-149 minutes (between half an hour and up to 2.5 hours) |
| 🌕 | 150 minutes or more (2.5 hours or more) |

1. **Which mode of transport do you tend to use most often when travelling to the following?** *Please only select one mode of transport per location.*

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Car | Bus | Train | Taxi | Bike | Scooter | Walk | Motorcycle | Other |
| The Supermarket | 🌕 | 🌕 | 🌕 | 🌕 | 🌕 | 🌕 | 🌕 | 🌕 | 🌕 |
| Place of work or education | 🌕 | 🌕 | 🌕 | 🌕 | 🌕 | 🌕 | 🌕 | 🌕 | 🌕 |
| For social or leisure purposes like seeing friends/family, visiting bars/restaurants | 🌕 | 🌕 | 🌕 | 🌕 | 🌕 | 🌕 | 🌕 | 🌕 | 🌕 |

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

Please select all that apply\*

|  |  |
| --- | --- |
| 🌕 | Walking |
| 🌕 | 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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

1. **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.\*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 🌕 | 0 days | 🌕 | 2 days | 🌕 | 4 days | 🌕 | 6 days |
| 🌕 | 1 day | 🌕 | 3 days | 🌕 | 5 days | 🌕 | 7 days |

1. **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.\*

|  |  |  |  |
| --- | --- | --- | --- |
| 🌕 | Less than 1 hour each day | 🌕 | Between 5 and up to 7 hours each day |
| 🌕 | Between 1 and up to 3 hours each day | 🌕 | Between 7 and up to 9 hours each day |
| 🌕 | Between 3 and up to 5 hours each day | 🌕 | 9 or more hours each day |

Children and young people’s physical activity

1. **Are you a parent or guardian of any children aged 17 and under currently living in your household?\***

|  |  |
| --- | --- |
| 🌕 | Yes |
| 🌕 | No (please now go to Q13) |
| 🌕 | Prefer not to say (please now go to Q13) |

|  |
| --- |
| 1. **What would be the best way for local organisations to share messages with families about how to move more with young children?**
 |

1. **Do your children aged 5-17 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 |

1. **Typically, how do your children aged 5-17 years travel to school or college?** 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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |
| --- |
| 1. **What barriers do your child/children face to being more active, if any?**
 |

|  |
| --- |
| 1. **What support, if any, would help your child/children become more active?**
 |

Please tell us about your views towards physical activity

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

1. **‘I feel that I have the ability to be physically active’?** Ability includes physical ability, mental ability and self- confidence. \*

|  |  |  |  |
| --- | --- | --- | --- |
| 🌕 | Strongly agree (please now go to Q16) | 🌕 | Disagree |
| 🌕 | Agree (please now go to Q16) | 🌕 | Strongly disagree |
| 🌕 | Neither agree nor disagree | 🌕 | Don’t know |

1. **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 |
| 🌕 | Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |
| --- |
| 1. **What would help you to feel more confident in your ability to be physically active?**
 |

1. **‘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, having the right social support, available time etc. \*

|  |  |  |  |
| --- | --- | --- | --- |
| 🌕 | Strongly agree (please now go to Q19) | 🌕 | Disagree |
| 🌕 | Agree (please now go to Q19) | 🌕 | Strongly disagree |
| 🌕 | Neither agree nor disagree | 🌕 | Don’t know |

1. **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 |
| 🌕 | Cultural considerations |
| 🌕 | No activities are suited for me |
| 🌕 | Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| 1. **What would help you to access more opportunities to be active?**
 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| 🌕 | Strongly agree (please now go to Q22) | 🌕 | Disagree |
| 🌕 | Agree (please now go to Q22) | 🌕 | Strongly disagree |
| 🌕 | Neither agree nor disagree | 🌕 | Don’t know |

1. **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 |
| 🌕 | 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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| --- |
| 1. **What would motivate you to be more active?**
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Please tell us about your key considerations to being active

|  |
| --- |
| 1. **What things influence your physical activity, sport and exercise choices?**
 |

|  |
| --- |
| 1. **What, if any, are the biggest challenges that you face to being physically active right now?**
 |

|  |
| --- |
| 1. **What would help you to overcome these challenges (if applicable)?**
 |

1. **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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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

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

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

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

Please tell us about your future intentions

1. **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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |
| --- |
| 1. **If applicable, what support do you need to make these changes?**
 |

What’s Happening Locally?

1. **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.**

1. **What local authority area do you live in (this is who you pay your council tax to if applicable)?\***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 🌕 | Blaby | 🌕 | Leicester City | 🌕 | Rutland |
| 🌕 | Charnwood | 🌕 | Melton | 🌕 | Don’t know |
| 🌕 | Harborough | 🌕 | North West Leicestershire | 🌕 | Not applicable |
| 🌕 | Hinckley and Bosworth | 🌕 | Oadby and Wigston |  |  |

|  |
| --- |
| 1. **What, if anything, prevents you from participating in physical activity in your local area?**
 |

|  |
| --- |
| 1. **What would you improve in your local area to encourage you and others to be more active?**
 |

|  |
| --- |
| 1. **What messaging/messages would support you to be active?**
 |

1. **Have you seen or been made aware of Let’s Get Moving (including the local Let’s Get Moving Champions)?** \*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 🌕 | Yes | 🌕 | No (please go to Q37) | 🌕 | Don’t know (please go to Q37) |

1. **Please tell us where you have seen or heard about Let’s Get Moving.** Please select all that apply. \*

|  |  |  |  |
| --- | --- | --- | --- |
| 🌕 | Websites | 🌕 | Local activity and sport venues |
| 🌕 | Emails / newsletters | 🌕 | Local magazines / newspapers |
| 🌕 | Leaflets/posters | 🌕 | At an event e.g. community or workplace event |
| 🌕 | Word of mouth | 🌕 | Online news sites |
| 🌕 | Spotify | 🌕 | LinkedIn |
| 🌕 | Facebook | 🌕 | X (formerly Twitter) |
| 🌕 | Instagram | 🌕 | Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

1. **Please tell us if you have seen or are aware of any of the following campaigns/programmes**. Please select all that apply. \*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 🌕 | LLR Girls Can | 🌕 | We Are Undefeatable | 🌕 | Steady Steps |
| 🌕 | School Games/ Team Leicestershire/ Inspire | 🌕 | Holidays Together (Holiday Activities and Food Programme) | 🌕 | Activity Referral |
| 🌕 | Active Mums Club | 🌕 | Not aware of any of these |

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

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

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 🌕 | Facebook | 🌕 | Instagram | 🌕 | Snapchat |
| 🌕 | X (formerly Twitter)  | 🌕 | TikTok | 🌕 | LinkedIn |

Please tell us about you

Active Together and our trusted partners are committed to ensuring that are 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.

1. **Are you?** \*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 🌕 | Male (Please now go to Q42)  | 🌕 | Female | 🌕 | Prefer to self-describe (Please now go to Q42) | 🌕 | Prefer not to say (Please now go to Q42) |

1. **Are you currently expecting a child, or have you had a child in the last 2 years?** *We are asking this question to support the development of our work with pre- and post-natal women, specifically the Active Mums Club-* [*activemumsclub.org/*](https://www.activemumsclub.org/)*. Your answer will allow us to identify the specific physical activity behaviours, attitudes and motivations of this group of residents. This question is not compulsory to answer, please do not answer if you are not comfortable.*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 🌕 | Yes | 🌕 | No | 🌕 | Prefer not to say |

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|   | 18 years | 🌕 | 35-44 years | 🌕 | 65-74 years | 🌕 | Prefer not to say |
| 🌕 | 19-24 years | 🌕 | 45-54 years | 🌕 | 75-84 years |  |  |
| 🌕 | 25-34 years | 🌕 | 55-64 years | 🌕 | 85+ years |  |  |

1. **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. \*

|  |  |  |  |
| --- | --- | --- | --- |
| 🌕 | Yes - mental condition or illness | 🌕 | No (please now go to Q46) |
| 🌕 | Yes - physical condition or illness | 🌕 | Prefer not to say (please now go to Q46) |
| 🌕 | Yes – other |  |  |

1. **Are you managing more than one longstanding physical, mental condition or illness?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 🌕 | Yes | 🌕 | No (please now go to Q46) | 🌕 | Prefer not to say (please now go to Q46) |

1. **How many longstanding physical, mental condition or illnesses do you have?**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 🌕 | 1 | 🌕 | 2 | 🌕 | 3 | 🌕 | 4 | 🌕 | 5 | 🌕 | 6 | 🌕 | 7 | 🌕 | Prefer not to say  |

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

|  |  |  |  |
| --- | --- | --- | --- |
| 🌕 | White | 🌕 | Black / African / Caribbean / Black British |
| 🌕 | Mixed / Multiple ethnic groups | 🌕 | Prefer not to say |
| 🌕 | Asian / Asian British | 🌕 | Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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

|  |  |  |  |
| --- | --- | --- | --- |
| 🌕 | No religion | 🌕 | Muslim |
| 🌕 | Christian (all denominations) | 🌕 | Sikh |
| 🌕 | Buddhist | 🌕 | Prefer not to say |
| 🌕 | Hindu | 🌕 | Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 🌕 | Jewish |  |  |

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

|  |  |  |  |
| --- | --- | --- | --- |
| 🌕 | Employee in full-time job (30 hours plus per week) | 🌕 | Permanently sick / disabled |
| 🌕 | Employee in part-time job (less than 30 hours per week) | 🌕 | Wholly retired from work |
| 🌕 | Self-employed full or part-time | 🌕 | Looking after the home |
| 🌕 | On a government supported training programme | 🌕 | Doing something else |
| 🌕 | Full-time education at school, college or university | 🌕 | Prefer not to say |
| 🌕 | 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 3rd June 2024 and will close at midnight on 14th July 2024.
* 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 of July 2024.
* 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)

**Let's Get Moving Champions**

Active Together works with local organisations to help the people of Leicestershire, Leicester, and Rutland (LLR) to get moving a little more. We, along with our partners, are here to support our residents on their journey to being healthier and happier by moving more in their own way.

To help us inspire the communities of LLR to get active, we recruited volunteer [champions](https://www.active-together.org/letsgetmovingchampions-yourstory), who have been the face of our programme, and who help us to share the message far and wide that moving more is good for you.

We would now like to **seek more individuals and groups who would like to join us to share their stories** and become **'Let's Get Moving Champions'**. If you are interested in becoming a Let's Get Moving Champion please opt in below to be contacted with more information.

**If you would prefer not to share your contact details for any of the above reasons, you can finish the survey here by selecting ‘Submit’ at the bottom of the page.**

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

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **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 |
|  | I am interested in becoming a Let’s Get Moving Champion |

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)

Alternatively, you can send us this completed form to: Insight Team, Active Together, SportPark, Loughborough University, 3 Oakwood Drive, Loughborough, Leicestershire, LE11 3QF