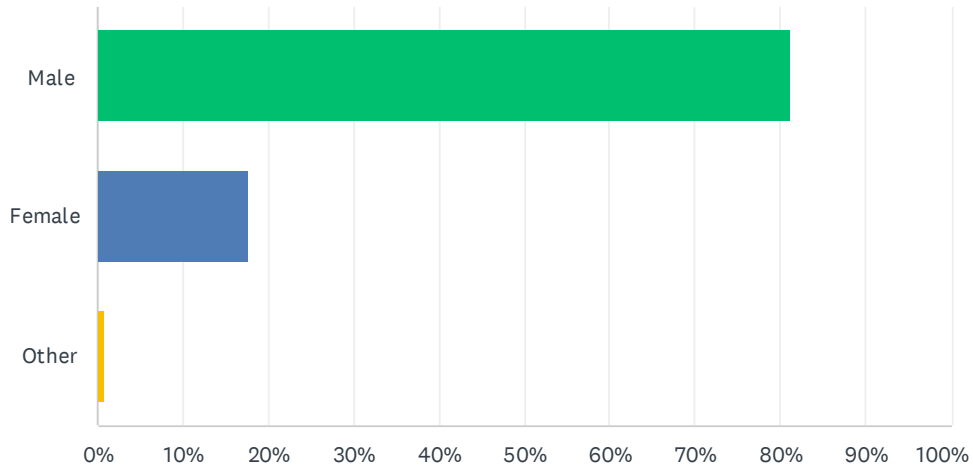


# Q1 How do you identify?

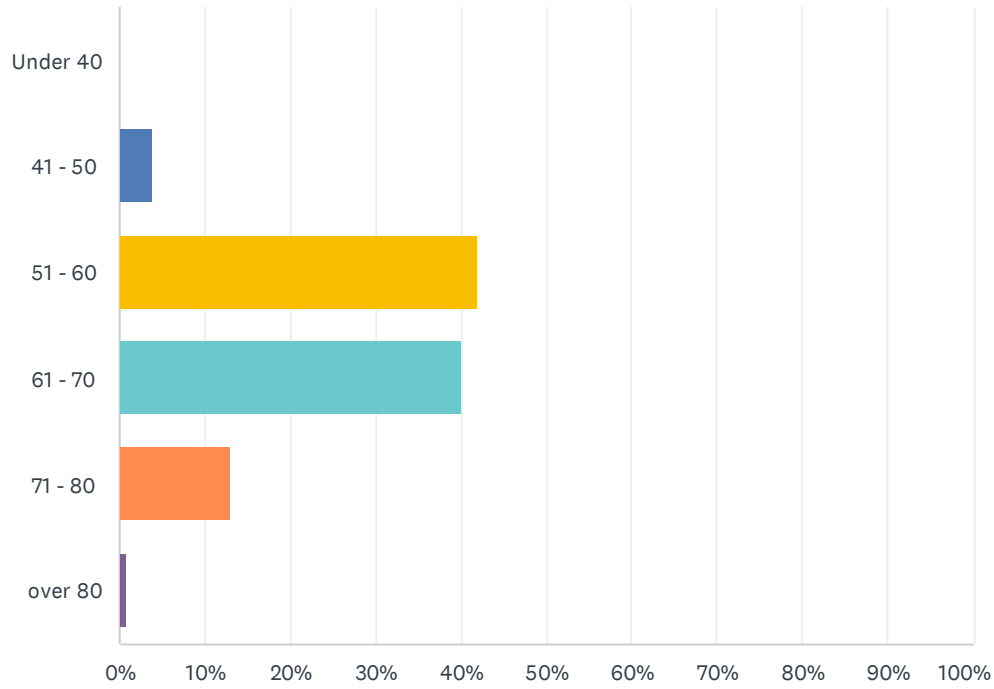
Answered: 107 Skipped: 0



ANSWER CHOICES	RESPONSES
Male	81.31% 87
Female	17.76% 19
Other	0.93% 1
Total Respondents: 107	

## Q2 Please indicate what age group you fall into:

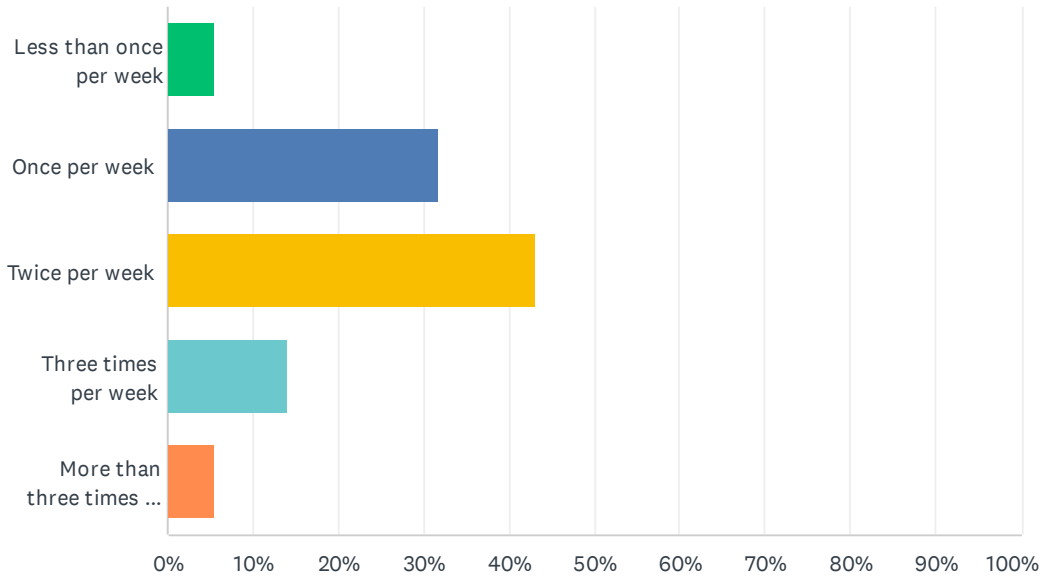
Answered: 107 Skipped: 0



ANSWER CHOICES	RESPONSES	
Under 40	0.00%	0
41 - 50	3.74%	4
51 - 60	42.06%	45
61 - 70	40.19%	43
71 - 80	13.08%	14
over 80	0.93%	1
<b>TOTAL</b>		<b>107</b>

### Q3 How often to you typically play Walking Football

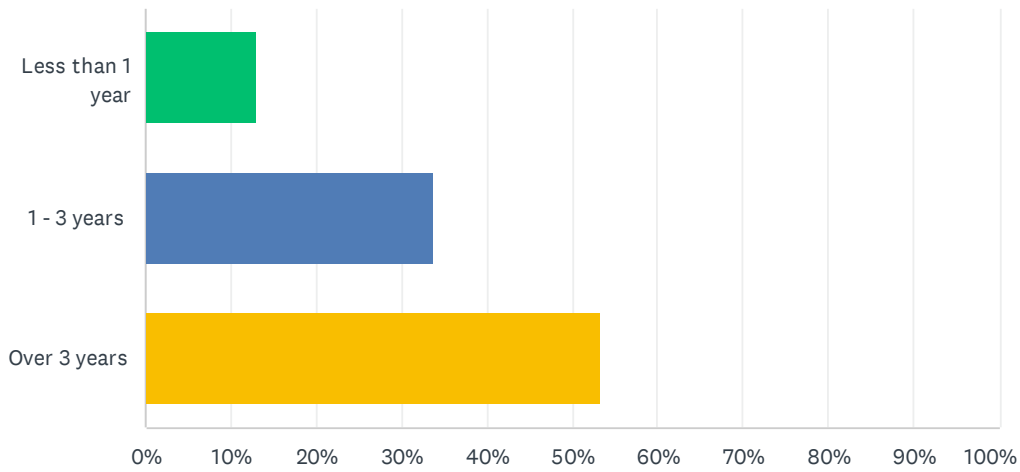
Answered: 107 Skipped: 0



ANSWER CHOICES	RESPONSES	
Less than once per week	5.61%	6
Once per week	31.78%	34
Twice per week	42.99%	46
Three times per week	14.02%	15
More than three times per week	5.61%	6
<b>TOTAL</b>		<b>107</b>

## Q4 How long have you been playing Walking Football?

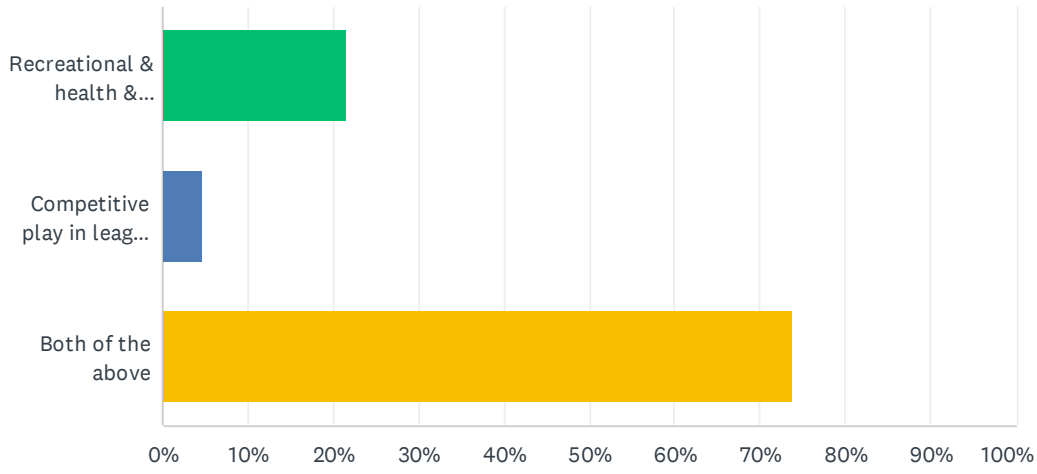
Answered: 107 Skipped: 0



ANSWER CHOICES	RESPONSES	
Less than 1 year	13.08%	14
1 - 3 years	33.64%	36
Over 3 years	53.27%	57
TOTAL		107

### Q5 Do you play Working Football for;

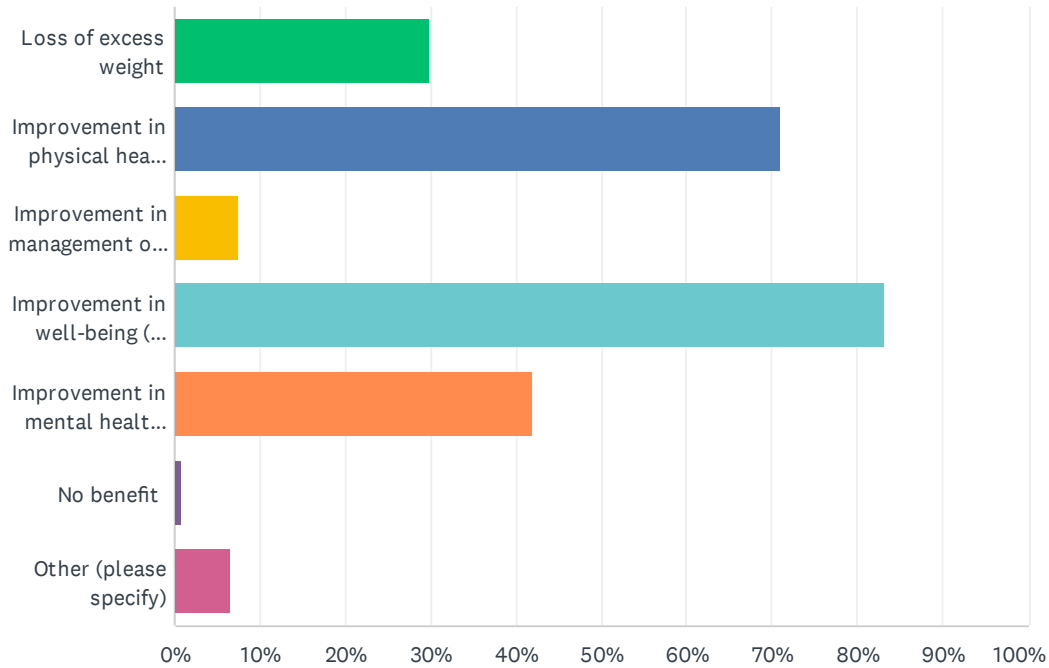
Answered: 107 Skipped: 0



ANSWER CHOICES	RESPONSES	
Recreational & health & fitness purposes only	21.50%	23
Competitive play in leagues & tournaments	4.67%	5
Both of the above	73.83%	79
<b>TOTAL</b>		<b>107</b>

### Q6 Since beginning to play Walking Football, have you noticed any of the following benefits? (select all that apply)

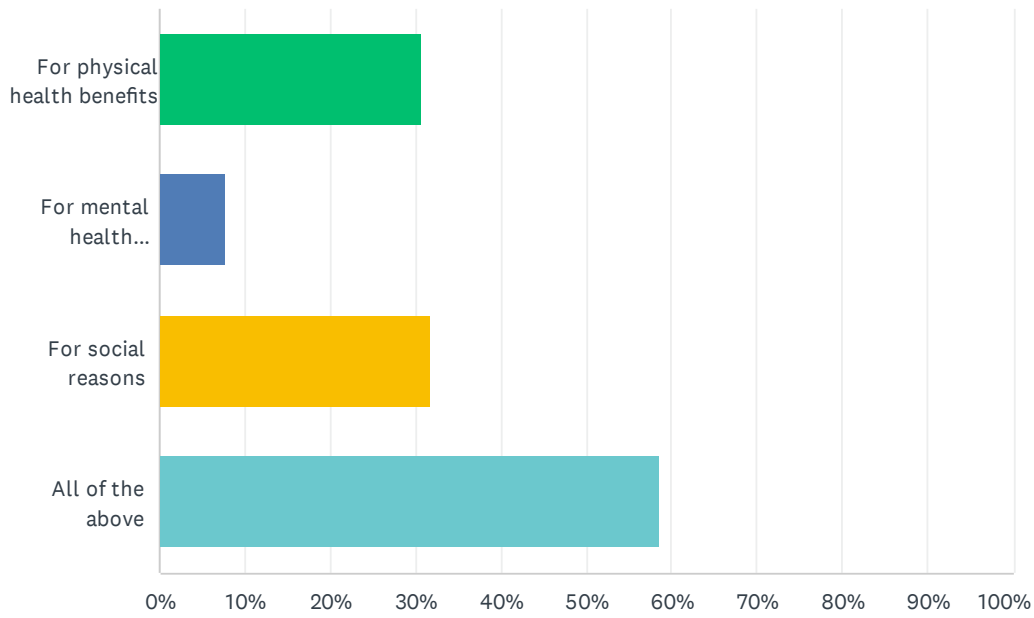
Answered: 107 Skipped: 0



ANSWER CHOICES	RESPONSES	
Loss of excess weight	29.91%	32
Improvement in physical health generally	71.03%	76
Improvement in management of long-term illness, e.g. diabetes, asthma, etc	7.48%	8
Improvement in well-being (how you feel)	83.18%	89
Improvement in mental health e.g. less depressed, less anxious, etc	42.06%	45
No benefit	0.93%	1
Other (please specify)	6.54%	7
Total Respondents: 107		

## Q7 Why did you choose to start playing Walking Football?

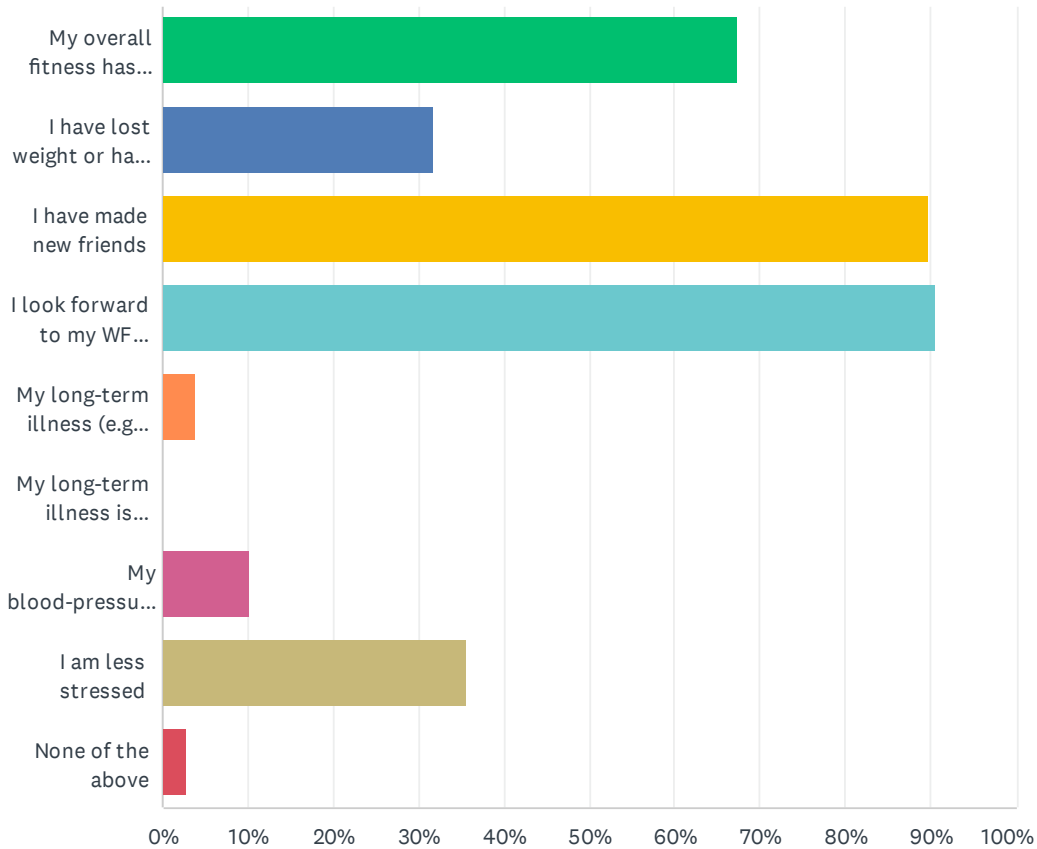
Answered: 104 Skipped: 3



ANSWER CHOICES	RESPONSES	
For physical health benefits	30.77%	32
For mental health wellbeing	7.69%	8
For social reasons	31.73%	33
All of the above	58.65%	61
Total Respondents: 104		

### Q8 And which of the below do you believe apply to you? (select all that apply)

Answered: 107 Skipped: 0

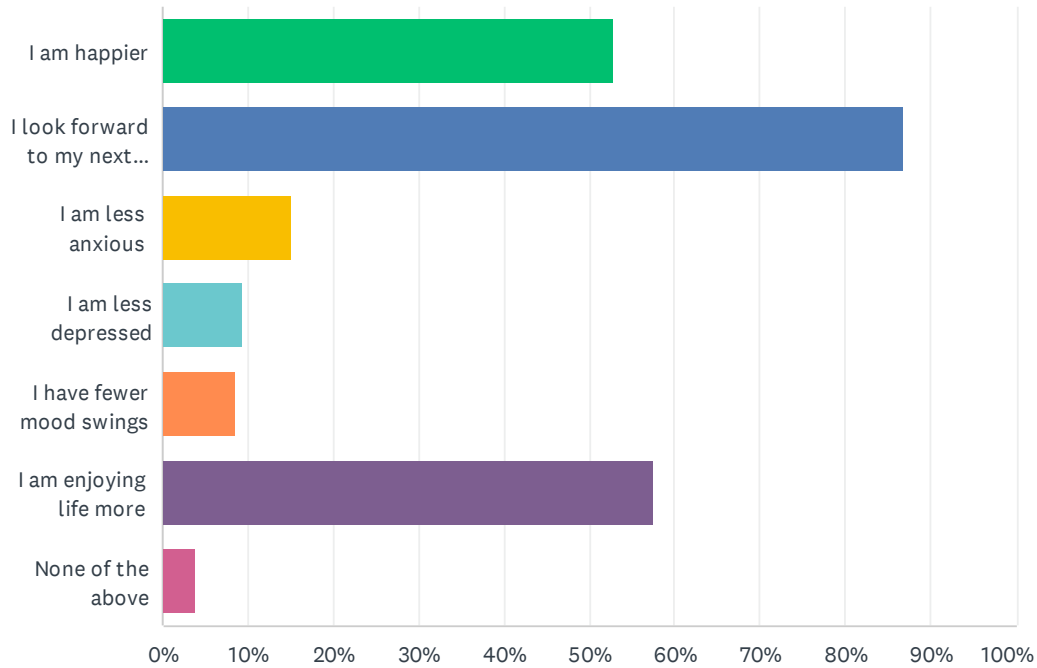


ANSWER CHOICES	RESPONSES	
My overall fitness has improved	67.29%	72
I have lost weight or have improved my body shape	31.78%	34
I have made new friends	89.72%	96
I look forward to my WF sessions	90.65%	97
My long-term illness (e.g. diabetes, asthma, etc) is better controlled	3.74%	4
My long-term illness is resolved (I no longer need ongoing drugs/treatment)	0.00%	0
My blood-pressure has improved	10.28%	11
I am less stressed	35.51%	38
None of the above	2.80%	3
Total Respondents: 107		



### Q9 And a more detailed question about mental health benefits. Which, if any, of the following apply to you since taking up WF (select all that apply)

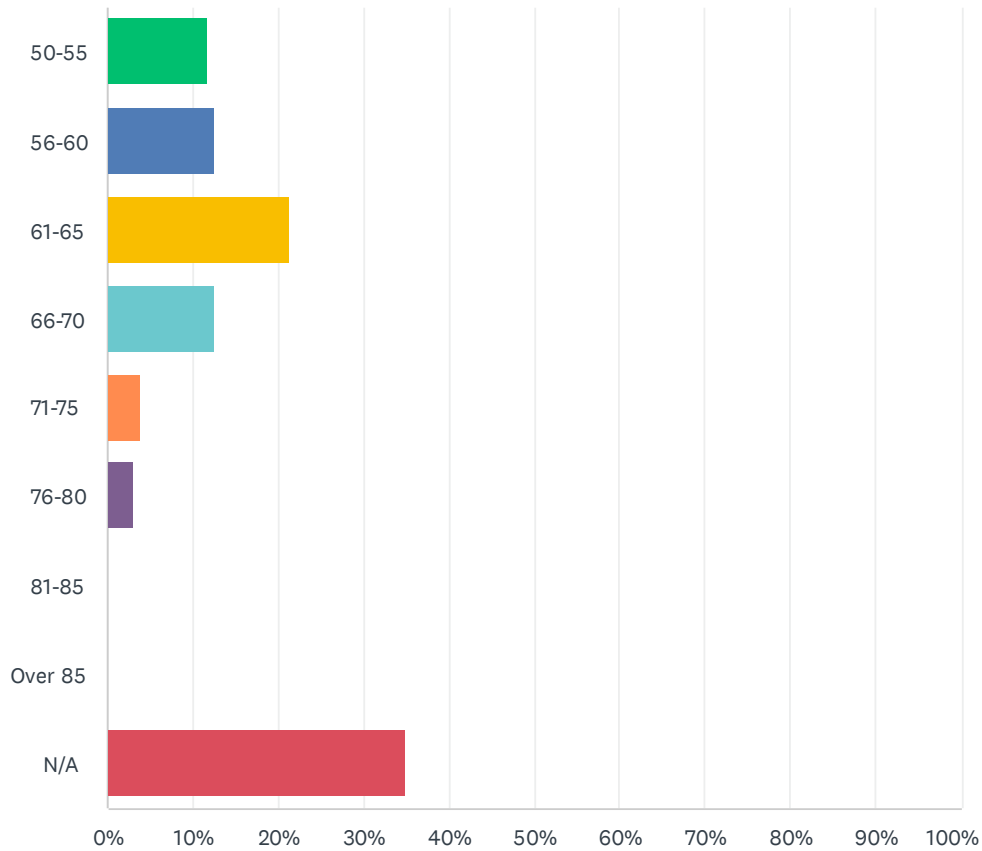
Answered: 106 Skipped: 1



ANSWER CHOICES	RESPONSES	
I am happier	52.83%	56
I look forward to my next session	86.79%	92
I am less anxious	15.09%	16
I am less depressed	9.43%	10
I have fewer mood swings	8.49%	9
I am enjoying life more	57.55%	61
None of the above	3.77%	4
Total Respondents: 106		

**Q10 Finally, if you have downloaded and measured you resting heart rate (relax absolutely in an armchair for at least 5 minutes), please report it in beats per minute below:**

Answered: 103 Skipped: 4



ANSWER CHOICES	RESPONSES	
50-55	11.65%	12
56-60	12.62%	13
61-65	21.36%	22
66-70	12.62%	13
71-75	3.88%	4
76-80	2.91%	3
81-85	0.00%	0
Over 85	0.00%	0
N/A	34.95%	36
<b>TOTAL</b>		<b>103</b>