Wisconsin Association for

HCE Healthy Lifestyle Survey

(formerly On the Move and in the Groove)

Get moving and eat healthy with HCE members across Wisconsin. Please reply to this five-question survey about maintaining your healthy lifestyle from February 18 to May 12, 2018.

Name (Optional):_____

County:_____

1. Which activities do you usually participate in weekly? Check all that apply.

_____Walking _____Hiking _____Running _____Dancing
_____Bowling _____Biking _____Spinning _____Rowing
_____Swimming _____Skiing _____Yoga _____Strong Bones Class
_____TaiChi _____Exercise DVD _____Tennis _____Any Other (Please List)

_____
_____

2. How many times a week are you usually active for 1/2 hour or more?

_____5 or more _____3 or 4 _____1 or 2 _____Zero

3. Do you exercise alone or with a group? Explain:_____

4. How many 1/2 cup servings of fruits and vegetables do you usually eat daily?

_____8 or more _____5-7 _____1-4 _____Zero

5. How much of your diet is raised, grown or made within 100 miles of you?

_____Most _____About Half _____Some _____Very Little
_____Unsure

Questions? Email Veronica at va914@yahoo.com or phone 608.748.1140. Tallied County surveys or individual surveys need to be mailed no later than June 15, 2018. Send results to:

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