



**Thank you for taking a few minutes to complete the ‘Beyond The Front Step’ Survey. This is part of the “Loddon Mallee Move It Project” please help us, to help you to live longer, be healthier and have fun being more active.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_ Email: \_\_\_\_\_

Home Phone number: \_\_\_\_\_ Mobile Phone Number: \_\_\_\_\_

Gender \_\_\_\_\_ Nationality: \_\_\_\_\_

Do you identify as Aboriginal or Torres Strait Islander?    Yes            No            (please circle)

Please circle age group:    50-55 years            56-60 years            61-65 years

66-70 years            71-75 years            76-80 years            81-85 years    86 years plus

What physical activity, exercise or sport do you usually participate in?

\_\_\_\_\_

\_\_\_\_\_

Please list any exercise, sport or physical activity **you would like** to participate in? Eg: Pilates, Golf, Swimming, Tennis, Archery, Bocce, Dancing, Martial Arts, Football or...

\_\_\_\_\_

\_\_\_\_\_

What are the barriers, if any, to your participation in exercise, sport or physical activity? Eg: Transport, Health issue, the activity you like is unavailable, Cost or...

\_\_\_\_\_

\_\_\_\_\_

**Thank you for your feedback from The Mallee Sports Assembly Team**

**2019**

This information is being collected as part of the Loddon Mallee Move It Project – Beyond The Front Step being implemented by Mallee Sports Assembly. The information provided is strictly confidential will not be passed on to any other organisation and will assist the MSA to develop projects and programs for people in the Swan Hill, Mildura and Buloke regions of Victoria. Participants completing this survey is on a voluntary basis and have the right to withdraw their information at any point in time.