



EXERCISE QUESTIONS

- I exercise regularly
- I participate in aerobic exercises such as brisk walking, biking, running, swimming
- I participate in strength building exercises such as squats, lunges or weightlifting
- I exercise at least 3 days of the week
- I exercise for 25 minutes, at least 3 days of the week
- I don't have the time to exercise
- I don't know how to exercise
- I don't have a partner to exercise with
- I'm limited because of physical limitations
- Other:
