

WE ARE WANTING TO KNOW WHAT HELPS PEOPLE TO BE PHYSICALLY

ACTIVE IN THEIR RETIREMENT.

- We have found lots of research on adults aged 50 or older but very little on people specifically around retirement age.
- We are wanting to know whether people may want or need different things around the time they retire, to people who are older.
- Physical activity can include sport, exercise sessions, walking, swimming, gardening, strenuous housework, voluntary work.
- Please think about what you may have wanted or needed around the time you retired.

1. Are there any types of programmes for older people which would be NOT appropriate for people who are about to retire or who have recently retired?

Please put a cross in the box for any of the interventions below that you think would NOT be relevant to people about to retire or who have recently retired.

1. Training doctors to make sure that exercise is mentioned in doctor-patient consultations	
2. Community advertising campaigns/free bus passes	
3. Programmes in the home (someone telephoning to give advice, advice by email/internet, or advice and information by post)	
4. Giving out pedometers as part of a home programme	
5. Advice/counselling sessions by a GP or an exercise professional	
6. Individual training sessions at community centre or a gym	
7. Group classes/workshops/walks/swimming sessions.	

Are there any which you think people around retirement age would prefer?

2. What influences the amount of physical activity that people do just before or just after retirement?

Do you think that these factors (which have been mentioned in research) would influence whether someone around retirement age would take part in physical activity?

Please put a tick against any that you think would be important.

Please put a cross against any that you don't think would be important.

	√ or X
1. Increased time or freedom to focus on yourself.	
2. A lack of time.	
3. The need to keep mind and/or body active.	
4. The need to continue a strong "work ethic".	
5. A lack of engagement with activity in general.	
6. A lack of familiarity with or scepticism regarding gyms	
7. A desire for a healthy/well-functioning/ attractive body/healthy mind.	
8. A desire to resist negative ageing stereotypes.	
9. A lack of motivation to leave the house.	
10. The opportunity to take up new "healthy" activities.	
11. A need or wish to go out and meet people.	
12. Feelings of guilt in taking time for yourself.	
13. A lack of funds	
14. Seeing yourself as an active person	
15. Having a good understanding of the health, psychological, and social benefits.	

16. Prioritising a partner's preferred activities or non-activity rather than your own.	
17. Caring responsibilities (for example grandchildren or a partner) taking priority over activities.	

What are the numbers of the FIVE most important factors do you think?

What are the FIVE least important factors do you think?

3. What do you think would influence whether someone around retirement age would take part in physical activity?

Do you think that these factors (which have been mentioned in research) would influence whether someone around retirement age would take part in a physical activity programme if one was offered?

Please put a tick against any that you think would be important.

Please put a cross against any that you don't think would be important.

	√ or X
1. Poor understanding of or identification with health messages.	
2. Worries about negative consequences of exercise such as injury.	
3. Sessions are seen as too structured.	
4. Sessions are free or have a low cost.	
5. Sessions are flexibly scheduled.	
6. A feeling of being outnumbered by or less competent than the opposite sex or younger participants.	
7. The intervention is seen as appropriate to ones sex or culture.	
8. Worries about exposing the ageing body or body image issues.	
9. Stigma due to age.	
10. Embarrassment due to lack of capability.	
11. The sessions provide enjoyment, fun.	
12. The sessions provide a social element.	
13. "Nagging" from spouse.	
14. The health promotion message has come from a trusted source (such as a GP).	
15. A personal invitation to take part has been received.	

16. The sessions provides routine or structure.	
17. The sessions provide a challenge/competition.	
18. The activity takes place in a non-threatening environment.	
19. Gives the opportunity to be outdoors.	
20. The intervention is designed and organised for the right age group.	
21. There is a gradual introduction to difficult tasks.	
22. You have experienced health/psychological benefits from physical activity.	
23. You have a sense of “communitas”, or a sense of ownership.	
24. Your GP has discussed the benefits of an exercise programme.	
25. The instructor is a similar age to participants.	
26. The instructor identifies with participants and their needs.	
27. The instructor provides encouragement, particularly during initial sessions.	
29. There is encouragement from spouse/family/friends to take part.	
30. There is an opportunity to share experiences and concerns or receive support from others of a similar age group.	

What are the numbers of the FIVE most important factors do you think?

What are the FIVE least important factors do you think?

MANY THANKS FOR GIVING US YOUR THOUGHTS