

Be Active quick quiz fact sheet

If you're an adult, take this quick quiz to see how active you are. Just select the appropriate box following each of these questions, then check your results below:

How many times a week do you usually walk for 30 minutes or more?

0 1 2 3 4 5 6 7

How many times a week do you usually do 30 minutes or more of other moderate-intensity activity (like mowing the lawn, digging in the garden, medium-paced swimming or cycling)?

0 1 2 3 4 5 6 7

How many times a week do you usually do 20 minutes or more of vigorous activity (the stuff that makes you huff and puff, like jogging, aerobics or fast cycling; and active sports like football, squash and netball)?

0 1 2 3 4 5 6 7

How did you rate? Check your results!

0-1	2-4	>5
Time to get moving and give yourself an overhaul – you have a very low level of activity. Even building an extra ten minutes or more of activity into each day would benefit your health.	Good news! There is some room for improvement, but you're almost there! Think about some of the small ways you can build some more activity into your daily routine and lifestyle.	Congratulations – it looks like you're doing a healthy level of physical activity. Keep up your active lifestyle and enjoy getting more out of life!