

APPENDIX 2 – SURVEY RESULTS

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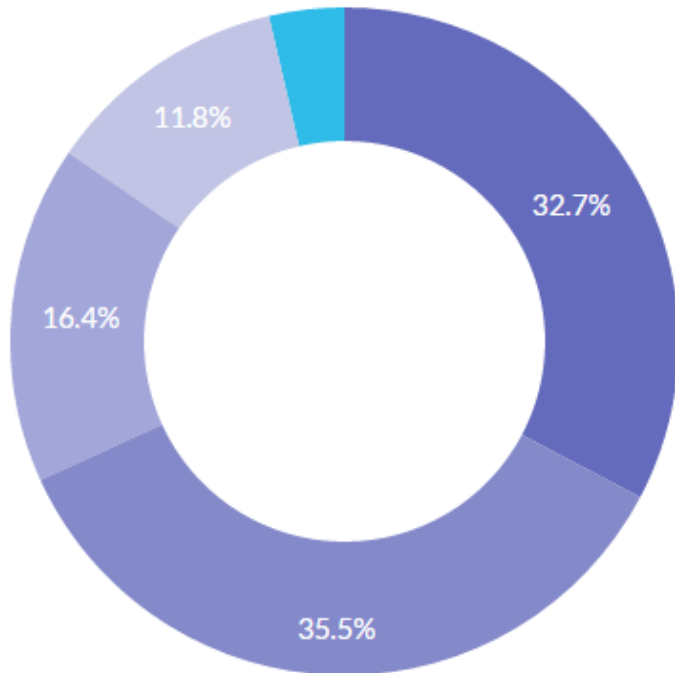
Introduction

The following is a set of the results that were obtained during the early stages of research. Each page represents a separate question from the survey produced, along with a chart of the results which have been found. The colours on the chart represent the different answers that were given and the colour key can be found to the right of each chart. Some questions were optional for a comment to be provided by the participant, and in these cases, the relevant comments are displayed.

Question 1

Q1

How often do you use the gym?
Multiple Choice



Choices

- Very Often
- Often
- Sometimes
- Not very often
- Never

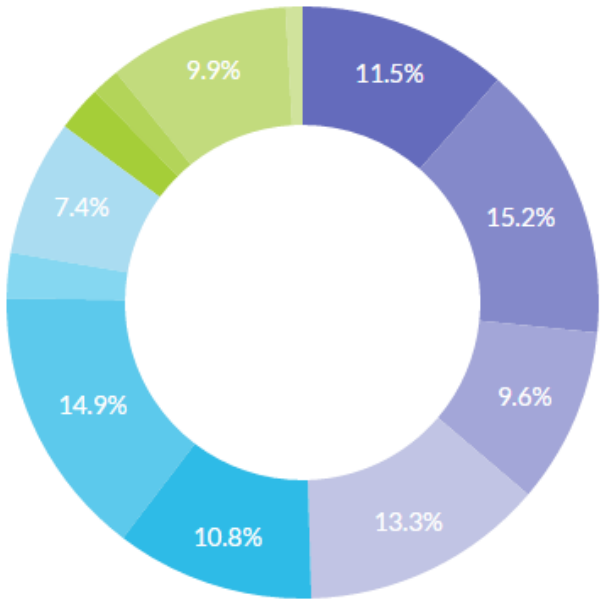
Totals

36
39
18
13
4

Question 2

Q2

What areas of your Gym/Leisure centre do you use the most?
Multiple Choice



Exercise Bike	37
Treadmill	49
Rowing Machine	31
Weights	43
Cross Trainer	35
Fitness Classes	48
Squash	8
Badminton	24
Tennis	8
Football	5
Swimming	32
Other	3

Question 3

Q3

Do you feel that there is anything missing from your experience?

Essay

no speed monitoring when swimming

very old design - needs updating!

lack of safety in exercise environment

Not enough guidance on how to use machinery

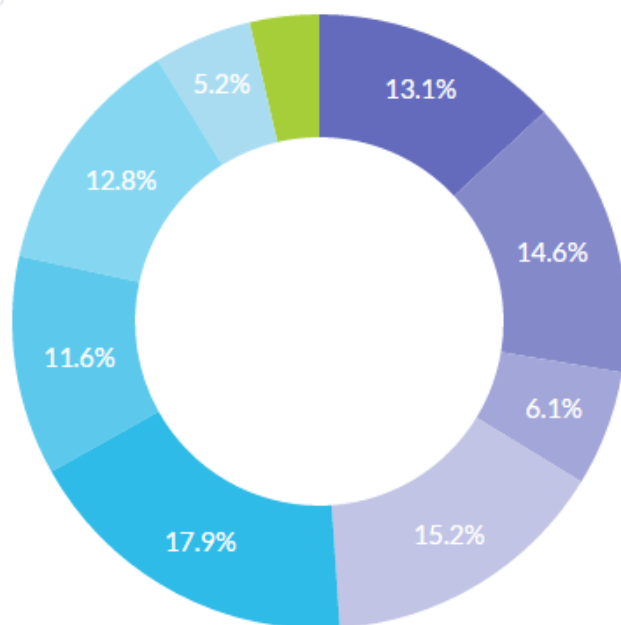
Fitness not monitored properly

Question 4

Q4

What problems concern you the most with your membership?

Multiple Choice



Choices

Totals

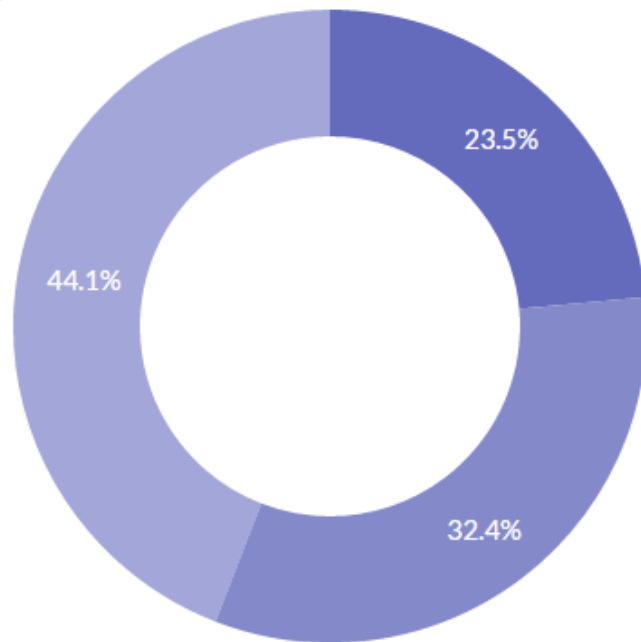
- Other people using my membership to access facilities 43
- Lack of health and safety 48
- Lack of facilities 20
- Poor/old machinery 50
- Surrounding environmental conditions (e.g. room temperature/ lack of free water) 59
- Number of people using facilities at one time 38
- Safe storage 42
- Lack of membership incentives 17

Question 5

Q5

Do you attend your centre for health or fitness concerns?

Multiple Choice



Choices

- Health
- Fitness
- Both

Totals

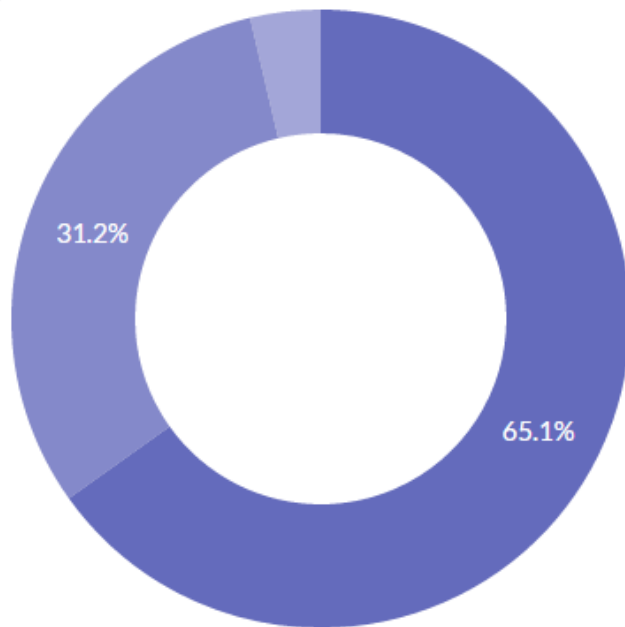
24
33
45

Question 6

Q6

Do you feel that technology is missing from your experience?

Multiple Choice



Choices

- Yes
- No
- Comment

Totals

71
34
4

Some additional comments were given by participants for this question. One of these was an invalid response in relation to this project, and so this was removed.

P20

- anonymous -

[Participant Details](#) >

Yes

Comment: **Would be really good to understand the impact of use of weights e.g. calories burned**

P33

- anonymous -

[Participant Details](#) >

Yes

Comment: **Currently in society where technology like smart phones are such a big part of everyday life. I feel there is an opportunity to be taken advantage of.**

P44

- anonymous -

[Participant Details](#) >

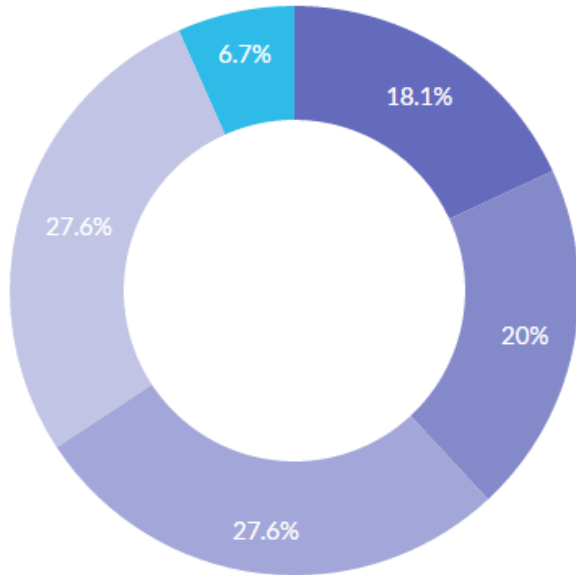
Yes

Comment: **It would be nice to see how my fitness progresses over the course of my membership**

Question 7

Q7

Do you feel safe when using equipment?
Multiple Choice



Choices

- Always
- Mostly
- Sometimes
- Not really
- Never

Totals

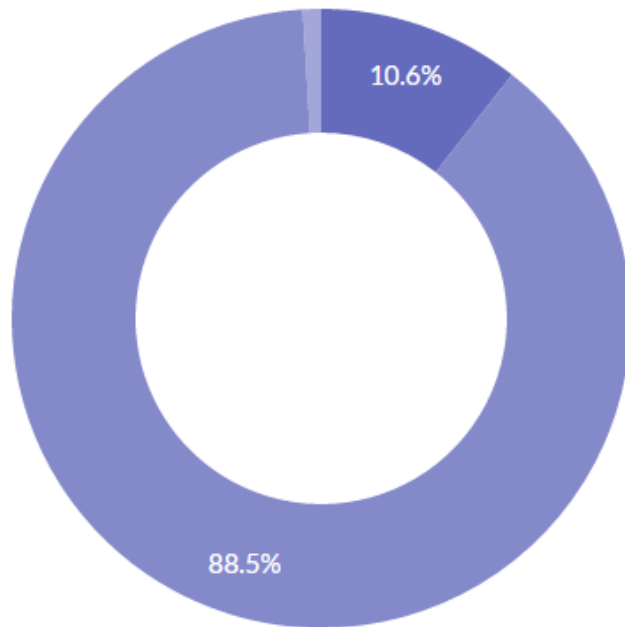
19
21
29
29
7

Question 8

Q8

Do you feel like your fitness is monitored during your stay?

Multiple Choice



Choices

- Yes
- No
- Comment

Totals

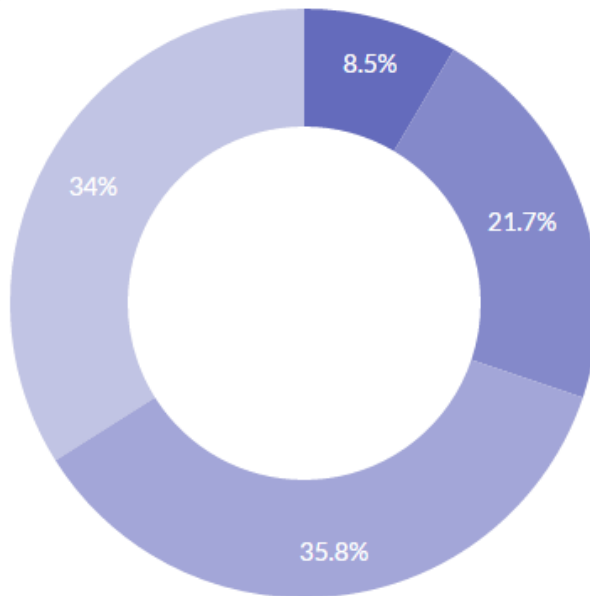
11
92
1

Question 9

Q9

Do you feel like the temperature is regulated during your workout?

Multiple Choice



Choices

- Always
- Sometimes
- Not very often
- Never

Totals

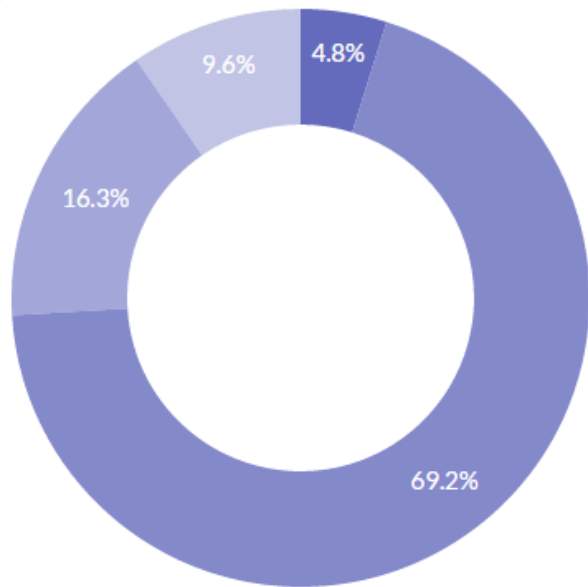
9
23
38
36

Question 10

Q10

Do you experience technical difficulties when using machinery?

Multiple Choice



Choices

- Always
- Sometimes
- Not very often
- Never

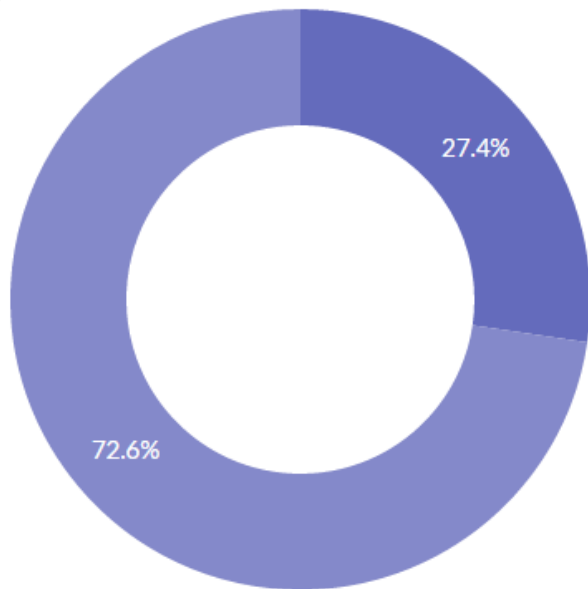
Totals

5
72
17
10

Question 11

Q11

Are you aware of your goals and levels of required exercise?
Multiple Choice



Choices

- Yes
- No

Totals

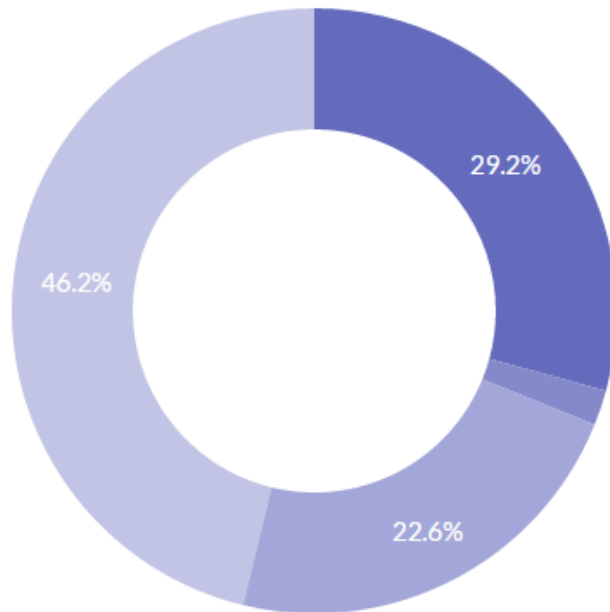
29
77

Question 12

Q12

Are you aware of your weight and BMI?

Multiple Choice



Choices

- I know my weight
- I know my BMI
- I know Both
- I do not know either

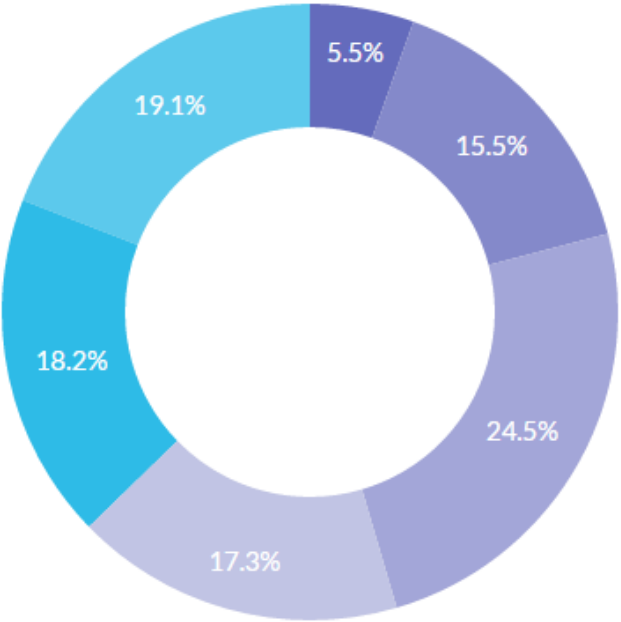
Totals

31
2
24
49

Question 13

Q13

What is your age?
Multiple Choice

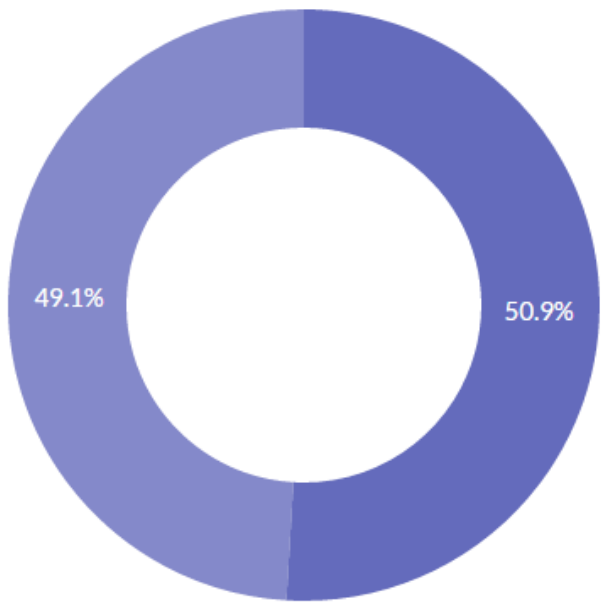


Choices	Totals
16-18	6
19-21	17
22-24	27
25-30	19
31-40	20
41+	21

Question 14

Q14

What is your gender?
Multiple Choice



Choices

- Male
- Female

Totals

54
52