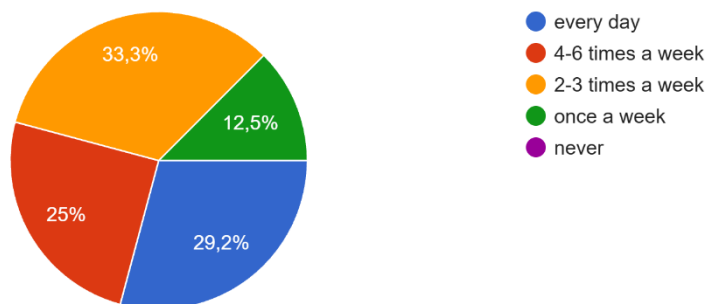


Move to Groove- Initial survey (Results)

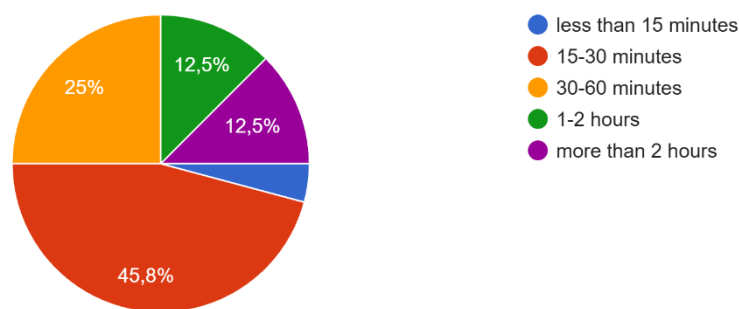
1. How often do you engage in physical activity during the week (e.g. sports, walking, cycling, dancing, exercising)?

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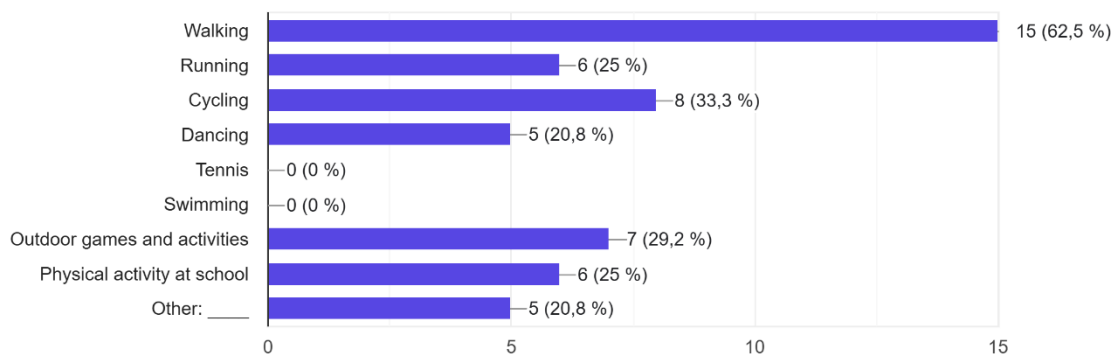
2. How much time do you usually spend being physically active each day?

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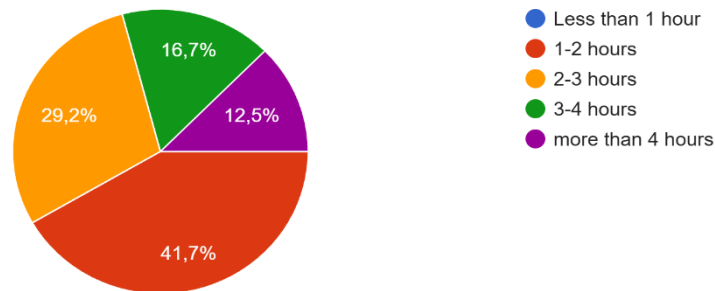
3. Which activities involving movement are most often part of your everyday life? (You can choose more than one answer.)

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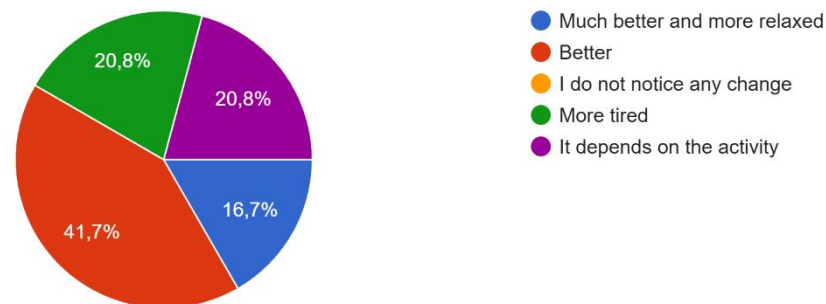
4. Approximately how much time do you spend sitting and using a smartphone, computer, tablet, TV or game console each day (outside schoolwork)?

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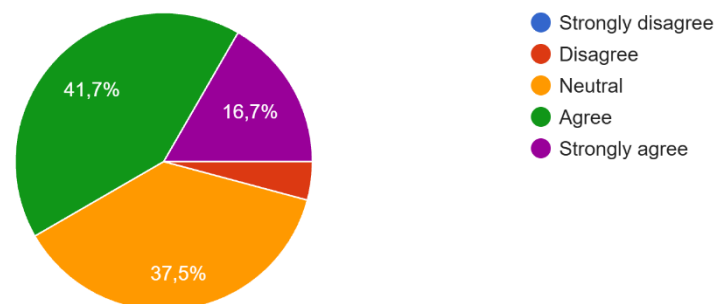
5. How do you usually feel after physical activity?

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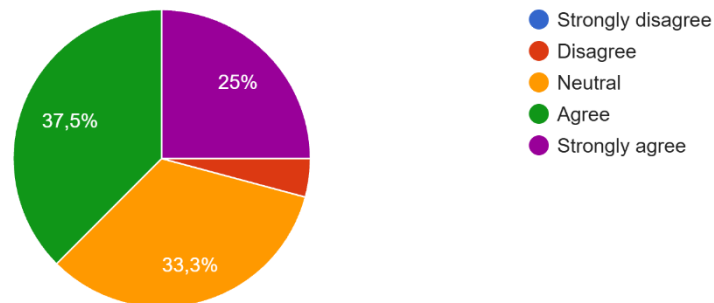
6. To what extent do you agree with the following statement: "When I am physically active, I feel better emotionally."

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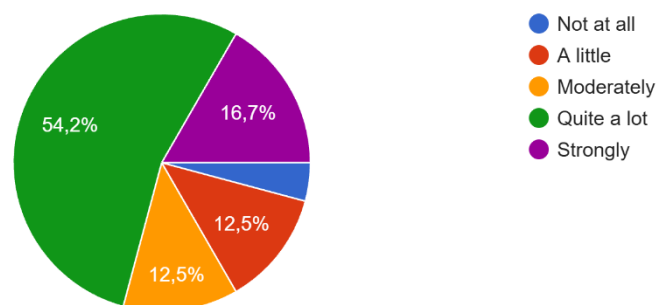
7. To what extent do you agree with the following statement: "Physical activity helps me when I feel stressed, tense or in a bad mood."

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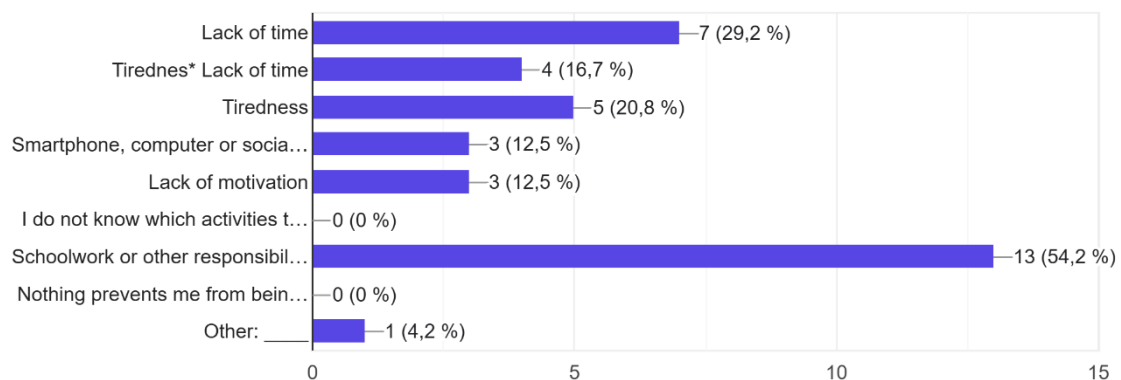
8. To what extent do you think that physical activity and mental health are connected?

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9. What usually prevents you from being more physically active? (You can choose more than one answer.)

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10. What is one change related to physical activity that you would like to introduce into your daily life during this project?

- 1) F
- 2) More walking through the forest
- 3) I would like to start exercising more during this project.
- 4) Playing any type of games that contain fun stuff and physical activity.
- 5) I would use more stairs rather than the elevator.
- 6) I don't know
- 7) I'm not sure
- 8) Increase my time running
- 9) To sleep more
- 10) Walking or running
- 11) Take short breaks for quick exercises for mental health
- 12) I would like to exercise more, not just ride my bike.
- 13) I don't know, maybe I'll think about it in a few days.
- 14) I would like to go for a 20min walk
- 15) I would like to introduce a short run every morning into my daily routine, and also experience other sports like cycling, swimming, or many others.
- 16) To start playing soccer
- 17) That I will try to make more time to do sports and that I will sleep more and go early to sleep
- 18) I would like more exploring different places, and walking around.
- 19) I would like to lose some weight from physical activity
- 20) More sleep and also less school work after school.
- 21) If you feel bad or stressed, don't be 24/7 on phone, I know it can be nice and cool being on phone while you're having a bad mood but I swear, try sport instead of staring at phone. You can play volleyball for example! I always feel better when I play my favourite sport.
- 22) I would introduce scooter (non-electric) to everyone and they would ride them around the house or something similar, for example, I listen to music while riding my scooter.
- 23) I try to make plans for my physical activities and remember to have a good everyday schedule
- 24) Not sure