

Portsmouth University would like many people to complete a survey that is trying to predict if an active childhood leads to being active later in life.

They have invited U3A Members to complete an online survey and state that it does not take more than 15 minutes to complete.

Their request reads as follows:

I'm currently investigating predictors of an active lifestyle. More specifically, I'm interested to understand whether participation in sports and PA during sensitive periods in childhood predicts high levels of PA in adulthood. We know that physical activity is one of the main strategies that can fight the current obesity epidemic and lifestyle diseases which count for 17 million deaths a year. Therefore a better understanding of how experiences in childhood play a role in adulthood lifestyle could support ideas for policy changes. It would be great to have a broad range of adults (anyone older than 18 yrs. is welcomed) participating in this survey.

Here is the link <https://portsmouth.onlinesurveys.ac.uk/physical-activity-experience>

Thanks

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The deadline for returning the completed survey is the 20th of March 2020.