Wisconsin Association for Home and Community Education, Inc.

HCE Healthy Lifestyle Survey

Get moving and eat healthy with HCE members across Wisconsin. Please reply to this four-question survey about maintaining your healthy lifestyle for thirteen weeks, between February 15 and May 8, 2022.

Name (optional)_____

County_____ **District**_____

1. **Which activities do you usually participate in weekly? Check all that apply.**

   ____ walking ____ hiking ____ running ____ dancing ____ bowling
   ____ biking ____ spinning ____ yoga ____ swimming ____ Tai Chi
   ____ Strong Bones or other exercise class ____ exercise DVD
   ____ Other (please list)_____

2. **How many times a week are you usually active for ½ hour or more?**

   _____ 5 or more _____ 3 or 4 _____ 1 or 2 _____ zero

3. **How many ½ cup servings of fruits & vegetables do you usually eat daily?**

   _____ 8 or more _____ 5 - 7 _____ 1 - 4 _____ zero

4. **How much of your diet is raised, grown or made within 100 miles of you?**

   ____ Most ____ About half ____ Some ____ Very little _____ Unsure

Questions? Email Lynn at nicfoundation.lynn@gmail.com or phone 715.823.4829
Return your completed forms to your County Coordinator, or email or postal mail individual surveys by June 15, 2021.

Send results to: Vice President of Family and Community Life
Lynn Marcks
N2837 County Road Y
Clintonville, WI 54929

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