



# The right formula

Taking driving into the classroom

## Fitness and Nutrition – Theme 7: Keeping fit

### Activity 7c

### Lifestyle Survey

Research has shown that the majority of young people in Britain, aged 15-18, do not exercise enough. The Chief Medical Officer recommends that young people spend at least 60 minutes every day in some kind of moderate intensity activity.

- Carry out a class/year/school survey to find out how much exercise students take (for example, each group can survey a different class or year).
- Record each group's findings using **Template 7c: Lifestyle Survey Form**, or create your own.
- It is a good idea to keep the survey anonymous but give everybody taking part a 'code' or a list number (so the group can refer back if necessary).
- Analyse the results. How does your survey average compare with the national statistics below?
  - 46% of boys spend less than an hour a day participating in moderate intensity activities
  - 69% of girls spend less than an hour a day participating in moderate intensity activities.

### Class organisation

Groups of 5-6

### Resources

Template 7c:  
Lifestyle Survey  
Form