

How do women and girls choose to exercise?

By Simran Randhawa

Introduction

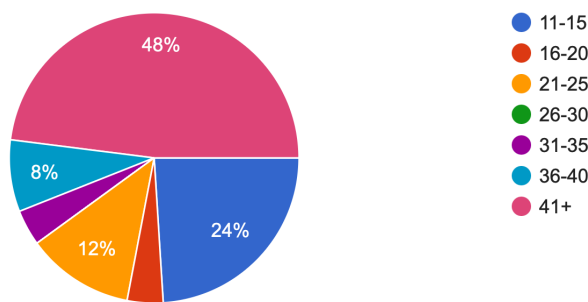
I chose to research about how women and girls choose to exercise because I thought that most forms of exercise are typically male dominated which might put off some women or make them feel uncomfortable.

Methodology

I created a survey on google forms asking women and girls that I know in Fair Oak how they choose to exercise. I later on got more women and girls from Millbrook to answer.

26 women and girls responded to the survey and 11 of which are from Millbrook.

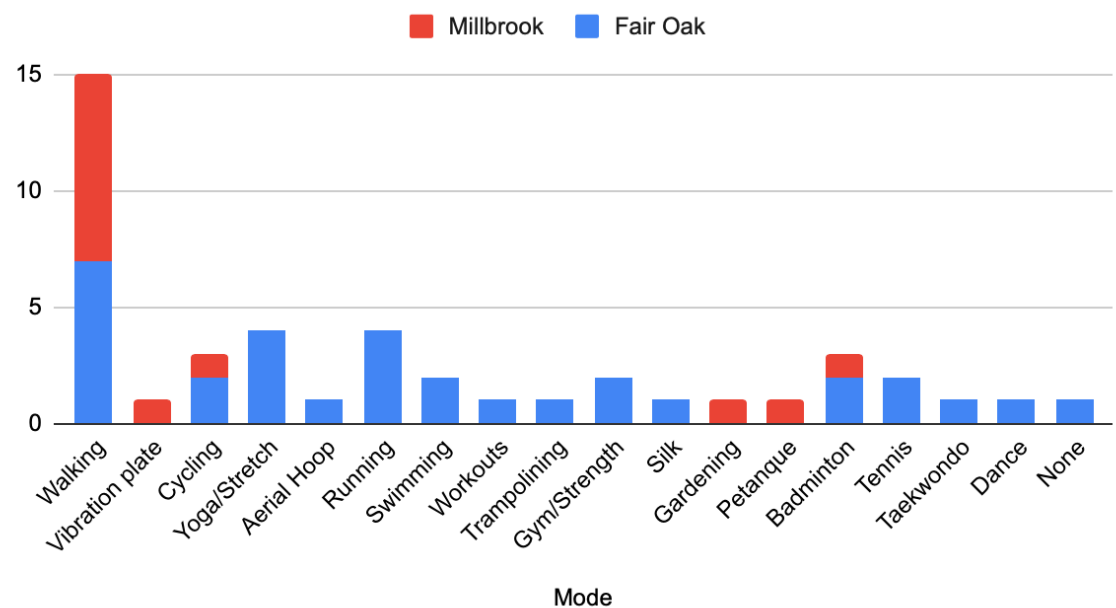
What is your age?
25 responses



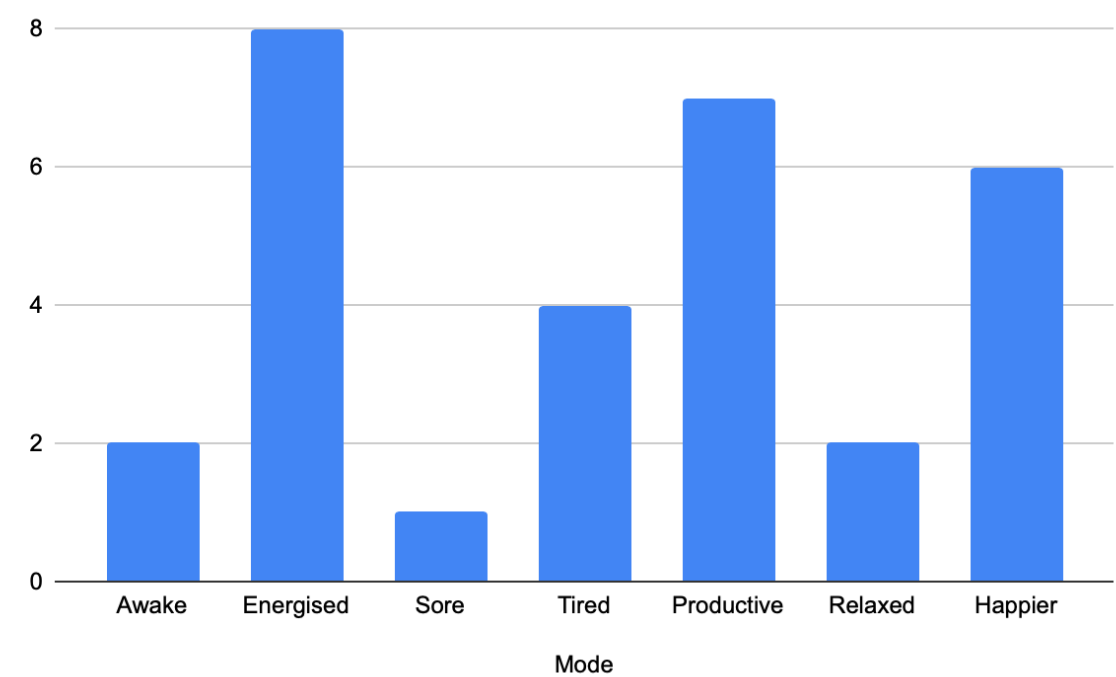
A few different age groups answered the survey, as people of different ages don't exercise in the same way.

Findings

Fair Oak and Millbrook



My research found that there are lots of different ways to exercise, the most popular of which is walking.



After exercising, people feel a few different ways some productive and some tired.

Observations

Something I noticed when reviewing the results from the survey is that the majority of the people that answered find that it can be quite costly going to a local gym or leisure centre. However some people said that there is free exercise equipment in their local park. One person said that the reason they stopped was because "There aren't direct buses as late as i need them to be."

Reflections

If I could do my study again I would change the question "Do you think exercise supports mental wellness?" to "How do you think exercise supports mental wellness?" because with a more open question I can find out more than "yes", "no" or "maybe".

Conclusion

Most women and girls that answered the survey said that they do exercise. However due to time constraints, people are only able to go on walks.

Thank you to everyone that participated in my survey.