

Physical activity seminar: Feedback form

1. Was this seminar relevant to your work? (tick one only)

- highly relevant
- relevant
- limited relevance
- no relevance

2. Was this seminar relevant to you? (tick one only)

- highly relevant
- relevant
- limited relevance
- no relevance

3. How much do you feel you learnt from this seminar about incidental activity for older people? (tick one only)

- learnt a great deal
- learnt some new information
- not much was new
- learnt nothing new

4. Is this a useful way to access information? If yes - why? If no - why not and what other ways would be more useful?

5. Have you (or will you) use any of the information from this seminar in your work? Please describe.

6. How could the seminar be improved?

7. Would you recommend this as a useful seminar for others?

- recommend highly
- recommend
- not recommend

8. Do you believe that your workplace needs to change its practice to improve older peoples' levels of physical activity? If yes, in what ways?

9. Please describe any difficulties or barriers to making these changes.

10. Any other comments?
