

<b>I realize Daily Choices Determine State of Health</b>					
		<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>	<b>Cumulative Percent</b>
<b>Valid</b>	<b>Strongly Agree</b>	281	50.3	50.4	50.4
	<b>Agree</b>	261	46.7	46.8	97.1
	<b>Disagree</b>	9	1.6	1.6	98.7
	<b>Strongly Disagree</b>	3	.5	.5	99.3
	<b>Don't Know</b>	4	.7	.7	100.0
	<b>Total</b>	558	99.8	100.0	
<b>Missing</b>	<b>System</b>	1	.2		
<b>Total</b>		559	100.0		

<b>Exercise Can Help Me Life Longer</b>					
		<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>	<b>Cumulative Percent</b>
<b>Valid</b>	<b>Strongly Agree</b>	389	69.6	69.7	69.7
	<b>Agree</b>	156	27.9	28.0	97.7
	<b>Disagree</b>	9	1.6	1.6	99.3
	<b>Don't Know</b>	4	.7	.7	100.0
	<b>Total</b>	558	99.8	100.0	
<b>Missing</b>	<b>System</b>	1	.2		
<b>Total</b>		559	100.0		

<b>I Should Make Time Every Day to Relax</b>					
		<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>	<b>Cumulative Percent</b>
<b>Valid</b>	<b>Strongly Agree</b>	334	59.7	59.9	59.9
	<b>Agree</b>	208	37.2	37.3	97.1
	<b>Disagree</b>	9	1.6	1.6	98.7
	<b>Strongly Disagree</b>	1	.2	.2	98.9
	<b>Don't Know</b>	6	1.1	1.1	100.0
	<b>Total</b>	558	99.8	100.0	
<b>Missing</b>	<b>System</b>	1	.2		
<b>Total</b>		559	100.0		

<b>I Seldom Think About My Eating Habits</b>					
		<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>	<b>Cumulative Percent</b>
<b>Valid</b>	<b>Strongly Agree</b>	45	8.1	8.1	8.1
	<b>Agree</b>	135	24.2	24.2	32.3
	<b>Disagree</b>	232	41.5	41.6	73.8
	<b>Strongly Disagree</b>	142	25.4	25.4	99.3
	<b>Don't Know</b>	4	.7	.7	100.0
	<b>Total</b>	558	99.8	100.0	
<b>Missing</b>	<b>System</b>	1	.2		
<b>Total</b>		559	100.0		

<b>It is Important to Warm Up/Cool Down When Exercising</b>					
		<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>	<b>Cumulative Percent</b>
<b>Valid</b>	<b>Strongly Agree</b>	270	48.3	48.4	48.4
	<b>Agree</b>	264	47.2	47.3	95.7
	<b>Disagree</b>	12	2.1	2.2	97.8
	<b>Strongly Disagree</b>	4	.7	.7	98.6
	<b>Don't Know</b>	8	1.4	1.4	100.0
	<b>Total</b>	558	99.8	100.0	
<b>Missing</b>	<b>System</b>	1	.2		
<b>Total</b>		559	100.0		

<b>In the past week, how many times, if any, have you engaged in strength training?</b>					
		<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>	<b>Cumulative Percent</b>
<b>Valid</b>	<b>None</b>	256	45.8	45.8	45.8
	<b>Once or Twice</b>	165	29.5	29.5	75.3
	<b>Three or Four Times</b>	95	17.0	17.0	92.3
	<b>Five or More Times</b>	34	6.1	6.1	98.4
	<b>Don't Know</b>	9	1.6	1.6	100.0
	<b>Total</b>	559	100.0	100.0	

**In the past week, how many times, if any, did your eating habits conform to the recommended daily-food-pyramid guidelines?**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	None	140	25.0	25.0	25.0
	Once or Twice	182	32.6	32.6	57.6
	Three or Four Times	121	21.6	21.6	79.2
	Five or More Times	68	12.2	12.2	91.4
	Don't Know	48	8.6	8.6	100.0
	Total	559	100.0	100.0	

**When you exercise, how often do you warm up and cool down?**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Always	128	22.9	22.9	22.9
	Usually	157	28.1	28.1	51.0
	Sometimes	193	34.5	34.5	85.5
	Never	50	8.9	8.9	94.5
	Don't Know/Never Exercise	31	5.5	5.5	100.0
	Total	559	100.0	100.0	

<b>In the past year, have you engaged in aerobic exercise?</b>					
		<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>	<b>Cumulative Percent</b>
<b>Valid</b>	<b>Yes</b>	508	90.9	91.2	91.2
	<b>No</b>	43	7.7	7.7	98.9
	<b>Don't Know</b>	6	1.1	1.1	100.0
	<b>Total</b>	557	99.6	100.0	
<b>Missing</b>	<b>System</b>	2	.4		
<b>Total</b>		559	100.0		

<b>While at USI, I have received enough information to adopt or maintain a healthy lifestyle.</b>					
		<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>	<b>Cumulative Percent</b>
<b>Valid</b>	<b>Strongly Agree</b>	93	16.6	16.7	16.7
	<b>Agree</b>	374	66.9	67.1	83.8
	<b>Disagree</b>	58	10.4	10.4	94.3
	<b>Strongly Disagree</b>	7	1.3	1.3	95.5
	<b>Don't Know</b>	25	4.5	4.5	100.0
	<b>Total</b>	557	99.6	100.0	
<b>Missing</b>	<b>System</b>	2	.4		
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