

## Stay On Your Feet® example survey

Thank you for attending today's event. You are invited to take part in a short survey.

**1. What is your age?**

- Under 60       60-69       70-79       80-89       90 and over

**2. What is your gender?** \_\_\_\_\_

**3. Do you identify as Aboriginal or Torres Strait Islander?**

- Yes       No       Prefer not to say

**4. Is English your first language?**

- Yes       No

If no, what is your primary language spoken? \_\_\_\_\_

**5. Please rate your agreement with the following statements:**

	 <b>Agree</b>	 <b>Unsure</b>	 <b>Disagree</b>
I think falls can be prevented.			
I have a better understanding of how I can move my body to reduce my risk of having a fall.			
I have a better awareness of the importance of building strength and balance to reduce my risk of having a fall.			
I feel motivated to take part in an exercise routine with strength and balance exercises for falls prevention.			
This event was relevant to me.			
Overall, I was satisfied with the event.			
I would like to attend more falls prevention events in the community.			

**6. Why is it important to build your strength and balance?**

**7. What exercises can you do to build your balance?**

**8. What exercises can you do to strengthen your legs?**

**9. What strength and balance exercises or activities do you plan on continuing after today?**

**Thank you for your feedback!**