

Exercise environment and higher-weight individuals' attitudes towards physical activity



University of Essex

- ❖ Do you identify as **higher-weight** (e.g., “plus-size” “overweight” “obese” “fat” etc?)
- ❖ Do you currently engage in **regular exercise** (at least once a week) in a **formal environment** like a gym or a fitness class?

We are interested in how higher-weight people's exercise environment shapes their exercise experiences. In this **online** study we will ask you about your **exercise environment**, your **motivations** for exercise, and how you **feel** when you exercise. You will also be asked to provide a little information about yourself. The study will take approximately **15 minutes** to complete.

For more information and to take part, please click on the link below or scan the QR code.



https://essex.eu.qualtrics.com/jfe/form/SV_dn8doCFB29TfQIC?sn=am

